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Ideas Exchange

LETTER

23 APR 1981

सर्वे भवन्तु सुखिनः, सर्वे सन्तु निरामयाः ।
सर्वे भद्राणि पश्यन्तु, मा कश्चिद् दुःख भाग भवेत ॥

India's Inner Mind

India still lives and keeps the continuity of her inner mind and soul and spirit with the India of the ages. Invasion and foreign rule and the enormous pressure of the Occident have not been able to crush the ancient soul out of the body her Vedic Rishis made for her. Under every calamity she has been able to resist and survive either with an active or a passive resistance. And this she has been able to do by her spiritual solidarity, expelling all that would not be absorbed, absorbing all that could not be expelled.

—Sri Aurobindo

No. 201 FORTNIGHTLY 10th FEBRUARY, 1981

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SURA NUSSI, G. T. ROAD, JULLUNDUR-144 027.
(INDIA)

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Editorial

Entrepreneurs of India ! You have a great future and potential :

All over the world today, there is a hue and cry over economic conditions. People and the press are pouring out propaganda of recession and deterioration in trade and commerce. Some individuals and business people will take a defeatist attitude and sit in their homes and offices in a despondent mood. They should not go slow in making super efforts to combat the situation.

Some countries in the West and elsewhere are stricken with inflation and spiralling prices. Now is the time therefore to awake, arise and venture out and make personal contacts. Send your accredited representatives at home and abroad.

Let your competitors and other people accept and reconcile themselves to the depressing circumstances. Why should you be inactive ? You should strike hard now and you will succeed. Those who are awake will gain the upper hand and those who are asleep will lose.

Remember however the golden motto all the time !

"Divinise your efforts. Be sincere and honest. Do not exploit. Give good value and offer high standard. Shun greed and deceit. You will no doubt succeed."

—F.C. Sondhi

I know of a brewer who sells more of his beer to the people who never see his advertising than to the people who see it every week. Bad advertising can unsell a product —David Ogilvy

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From Japuji Sahib —9

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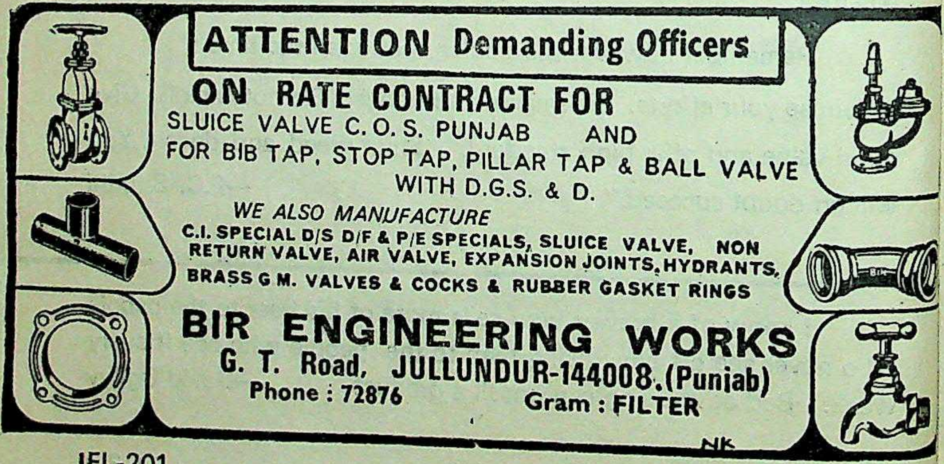
ਜੇ ਜੁਗ ਚਾਰੇ ਆਰਜਾ ਹੋਰ ਦਸੂਣੀ ਹੋਇ ॥
ਨਵਾ ਖੰਡਾ ਵਿਚ ਜਾਣੀਐ ਨਾਲਿ ਚਲੈ ਸਭੁ ਕੋਇ ॥
ਚੰਗਾ ਨਾਉ ਰਖਾਇ ਕੈ ਜਸ ਕੀਰਤਿ ਜਗਿ ਲੇਇ ॥
ਜੇ ਤਿਸੁ ਨਦਰਿ ਨ ਆਵਈ ਤ ਵਾਤ ਨ ਪੁਛੈ ਕੇ ॥
ਕੀਟਾ ਅੰਦਰਿ ਕੀਟ ਦੋਸੀ ਦੋਸ ਧਰੇ ॥
ਨਾਨਕ ਨਿਰਗੁਣਿ ਗੁਣੁ ਕਰੇ ਗੁਣਵੰਤਿਆ ਗੁਣੁ ਦੇ ॥
ਤੇਹਾ ਕੋਇ ਨ ਸੁਝਈ ਜਿ ਤਿਸੁ ਗੁਣੁ ਕੋਇ ਕਰੇ ॥

IF I GAIN AN AGE AS LONG AS ALL FOUR AGES
OF THE WORLD, Satya, Treta, Dwapar and Kali,
AND STILL IF IT IS LENGTHEN'D AS TEN TIMES AS LONG,
With all its goodness to live will be a folly—,
IF I KNEW THE SPACE FURROW'D IN THE NINE ORBITS;
AND THE WHOLE UNIVERSE GIVE ME A COMPANY;
IF I EARN A GOOD NAME AND ALL THE FAME BE MINE;
STILL I DO NOT SEE THEE, IT'S NOT WORTH A PENNY.
With all this knowledge and fame I'LL STILL BE A WORM
AMONG OTHER WORMS, AND AS SINFUL AS ANY.
NANAK SAYS IT'S THEE, O LORD, WHO MAKES IGNOMINIOUS
DO A VIRTUE, AND A VIRTUOUS BETTER'LL BE.
NOT A SOUL IS KNOWN AS VIRTUOUS LIKE THYSELF,
AND COULD DO A VIRTUE AND BLESS AS GOOD AS
THEE. (Concluded) —J.L. Datta, London



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Prayer of St. Francis

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Lord ! Make me an instrument of Thy Peace !
Where there is hatred, let me sow love ;
Where there is injury, pardon ;
Where there is discord, union ;
Where there is doubt, faith ;
Where there is darkness, light ; and,
Where there is sadness, joy.

O Divine Master, grant that I may not so much seek to be consoled as to console ; to be understood, as to understand ; to be loved, as to love ; for it is in giving that we receive, it is in pardoning that we are pardoned, and it is in dying that we are born for Eternal Life.

Amin.

Offered : at the holy feet of H.H. Swami Chidananda Ji Maharaj, President, The Divine Life Society, Rishikesh.

—J.K. Bhatia, Civil Lines, Roorkee (U.P.).

Healing influence of Silence

(By T.L. Vaswani)

The Rishis were lovers of silence. And every great soul is a lover of silence.

Of Buddha we read that, from time to time, he would sit under a tree in silent meditation. And of Jesus we read that, when he was in the city to teach and preach and heal, he would spend the day in the midst of men, but when the night came, he sought the hill-side for silent communion.

Today, more even than in the ancient days, we need the healing, holy influence of silence. Am I wrong in saying that one feature of modern life is noise ?

We live a in world of noises more, perhaps, in India than in many other countries.

Modern India moves in the world of deafening noises. Our railway stations are so noisy : not so the stations of Japan. There, the porters will lift your luggage noiselessly. European houses and schools and colleges and libraries are more quiet than ours.

Work, work hard ; but don't ignore the value of silence. Let me ask you to set apart every day at least one hour for silence.

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Action Motivating thoughts of Swami Vivekananda

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[By G.M. Jagtiani]

Swamiji said, "Truth, Purity and Unselfishness—wherever these are present, there is no other power below or above the sun to crush the possessor thereof. Equipped with these, one individual is able to face the whole universe in opposition."

○ He refused to take rest also. "I am a fighter and shall die in the battlefield. Does it behove me to sit up here like a zenana lady ?" Such was his courage, will-power and adamantine faith !

○ Keep the powder dry, have always a winsome smile, suppress your agonies, and march like a hero in the world. Nobody is interested in your wailings and woes ; the world has enough of them. Be brave, be cheerful, and try to alleviate the sufferings of others.

○ Crying and wailing is the lot of tiny tots. Arjunas can waver but ultimately they get up and fight. Sri Krishna's army may go over to the side of the Kaurvas, but Krishna himself will be on the side of the Pandavas, but when Krishna and Arjuna are on one side, that side is bound to win. "God does not shield us from the battle", said Sister Devamata. "He fights it with us. He wishes us to be heroic, not faint-hearted and unmanly, and we become heroes by battle, not by flight or shielding. If God carries us from the field always, we would soon learn to be cowards. Without struggle, we cannot gain endurance, and endurance is the measure of our strength."

○ Matsya Purana says : "Men obtain the desired fruit by personal effort, while those wanting in manliness speak ef destiny only." Destiny is for cowards only. Luck will favour you, if you have the pluck. Destiny will be yours, if you dare to do and even die.

○ Swami Vivekananda's entire philosophy and teaching have been creamed in Manliness. Be manly, be courageous ; have the courage of your convictions, be bold, be brave. "We have wept long enough", he said. "No more weeping ; but stand on your feet and be men." He always told the girls : be like Jhansi-ki-Rani. And he told the boys : Be like Guru Govind Singh.

(Contd. on page 8)

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STUDENT UNREST

[B.R. Goyal, Pawan Dham, Haridwar]

There is a feeling among the teachers that their pupils or wards do not grasp & take interest in the education they impart to the latter Why is it so & what are the reasons for the prevalence of unrest among the student community ? There are some basic defects in the system & this article is intended to invite the attention of the Teaching profession in that direction

The first thing to be seen by the teacher is whether the pupil has the requisite background or the basic education necessary to grasp the subject, which he is going to teach now. Only a qualified & mature or serious seeker can become a good student. For example, it will be futile to teach surgery to a student who has no knowledge of anatomy, multiplication to a student who has not first learnt addition & subtraction. A teacher should have the boldness to refuse taking up a disciple who does not come up to his standard, even if it may mean annoyance to the boss (politican or financier). If the foundation is not strong enough the pupil is likely to take ten years to clear a course of five years. Such are the students generally, who induce strikes in the school/college and create rowdyism in the examination hall or resort to unfair means to get through the examination. Such students get admission to higher courses with the aid, pull & push of political or money power and result in corrupting the examining authority. They, of course, fall flat in practical life & have to depend for ever on Govtt. doles and in the end-result prove a burden on the Society. They may for some time enjoy fat salaries but never turn efficient & enlightened persons.

The next thing for a teacher to do, before starting the subject proper, is to explain in detail the object of the relevant teaching viz its usefulness in his practical life & for the good of the general public, which is the ultimate aim of HUMAN BIRTH. It is necessary to induce the learner to take up the study in earnest, i.e. we have to make him A 'JIGYASU' (a sincere & keen learner). Until & unless his interest is aroused, he is most likely to feel bored in the class during the period of study, ending up in a drop-out. A student

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whose heart & soul are not in his subject is never an obedient student & the teaching community will never command any respect from such a nonserious student.

If the student does not show his natural inclination in the subject, his line of study should be changed, with the guidance of a Psychologist, after studying his bent of mind. You know "EDUCATE" means 'Bring Out'. You may make a student cram the facts but until the real knowledge comes out from within the sub-conscious mind of the student, he can not be a man of knowledge in the subject. An internally ripe, a real student of a subject will feel more interest in his class lecture than in the study of a novel or looking at the T.V. or a film show. He cannot afford to miss a single lecture as it breaks the chain of his subject. He will put his whole mind & soul in the studies & his mind will be at rest.

The last though not the least important point, which I like to emphasize is that along with 'Theory', the practicals (not in the laboratory but in the field of life) should be encouraged. Theory & Practice must go hand in hand. If a student of Botany is taken outside to a jungle to study his subject, Nature will excite & inspire him. He will love Nature, love his subject and be a useful man of knowledge in life.

O

(Contd. from Page 6)

He asked us not to be afraid of fear. Vedanta is not an arm-chair school or scripture of thought. It is a source of life-giving fountain of strength. For weak stomachs, Vedanta might be a strong food, difficult to digest. He often said that if you have the power to resist, and even then don't do so, you are a brave man. But if you lack the power of resistance, and do not resist on ground of non-violence or piety, you lack courage.

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Jesus Christ's Life in India—III

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(Two instalments of this series of three have appeared in the recent two issues—Editor)

5. "The Bible in India, Hindu origin of Hebrew and Christian Revelation" by M LOUIS JACOLLIOT also throws light on the subject. The well-known sage, Sadhu T.L. Vaswani, in the "East & West Series" No. 91 for January 1965, published by Mira Institute, Poona, mentions that Jesus came in contact with Indian Yogis, studied Buddhism and Vedanta. He also came to Puri where, between, the big temple and the Sea there is a good garden stretched on in a quiet place and consecrated to Christ.

6. In addition to these, there are several authoritative publications of India which mention about Christ's coming to India (a) Bhavashya Maha Purana, an accepted book of ancient India, makes a mention that Jesus Christ, who was then known by some as Yus Yusuf, had discussions with Raja Shalivahan (b) During author's recent visit to Jagannath Puri, Sri Sada Shiva Ratna Sharma, President, Mukti Mandal, Puri, on 11-11-75, showed the author a Sanskrit centuries old manuscript 'Sadhoo Tipni" on palm leaves, which stated that Christ (therein named as Christa) and his devotee Sadho Sundar Das used to live and study at a temple in Mohalla "Jai Tota" (Bara Santha) near Jagannath Temple. As this was also mentioned in the article of Sadhu Vaswani, the author with Sri Sharma visited the spot in November last. It was a ruin of old buildings. The tradition locally is that in the old days there was a big wood cross somewhere in that area. It has a big garden and some old coins were also found there. Some local Christians are of the view that Christ used to stay, while at Puri, at a monastery over the ruins of which there is now a Chapel and "Sisters Oldorers Blessed Sacraments Convent School, Puri." A Spanish lady holds daily prayers there and it is also attended by local Hindus, (c) The Tibetan manuscript referred to in para 3 (a) perhaps still exists with Lamas and its photo copy is in the book, "Unknown Life of Jesus Christ." O

(Concluded)

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Guru Nanak's Universality And Catholicity—1

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[By a humble devotee of Guru Granth Sahib]

Guru Nanak's universal message is contained in "Guru Granth Sahib", declared as the perpetual Guru of the Sikhs by the last Guru in person, Guru Gobind Singh. The unity of God's commands in all religions is embedded in the decision of Guru Arjan Dev, fifth Guru in succession to Guru Nanak, to include the hymns sung by devoted saints in other religions, like Kabir, Farid, Namdev, Ravidas and others, both Hindus and Muslims. The total catholicity of Guru Nanak's message and absolute harmony of individual progress with the society's progress is represented by his insistence on truthful conduct in addition to the pursuit of Truth and his emphasis that ALL RELIGIONS ARE GOD'S RELIGIONS and ALL HUMAN BEINGS ARE EQUAL. Bhakti—prema-bhakti—offered with sincerity and dedication with total surrender is the keynote of his teachings and, no matter what religion one belongs to, one is acceptable in the court of God provided his deeds are good. Both Hindus and Muslims revered Guru Nanak and their equal devotion is underlined by the fact that when he left the world, both communities claimed the body for final rites. In Mecca, Guru Nanak replied to a question : Who is good, Hindu or Muslim ? His reply : Without good deeds, both of them will go on suffering. (to be continued)

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10 Golden rules to Health and Longevity

[By Dr. S.L. Mohan, M.B B.S., D.C.H. (London)]

- Do observe the "Basics" of Hygiene.
- Do avoid Gambling with your health, and remember the old 'adage' : "When Health is lost, all is lost "
- Do take regular exercise to keep in good physical TRIM.
- Do maintain your correct weight and do not overeat.
- Do avoid smoking.
- Do avoid "indulgence" in alcohol.
- Do eat sensibly a good, wholesome, mixed diet, avoiding excessive Salt, Sugars and Fats.
- Do have adequate sleep and rest.
- Do prevent 'anxiety and tension' situations from developing as far as you can.
- Do have some daily, regular recreative relaxation.

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Belief in Reincarnation by a British family

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*[Compiled & written by Shri K.K. Singh,
Hon. Treasurer & Trustee—Hindu Centre, London]*

Last year, I wrote an article which appeared both in the Ideas Exchange Letter as well as the 'News Letter' of the Hindu Centre, London in connection with the London Weekend Television programme on the subject of reincarnation narrating the personal experiences of a British family, Mr. & Mrs. Pollock.

Since then, Mr. Alan Bestic, a UK Journalist, has conducted an exhaustive investigation on this particular case and interviewed both Mr. & Mrs. Pollock and the two daughters. This report appeared in an English Women's magazine. The facts which have now been revealed are in for greater details and I am sure the I.E.L. readers would be interested to further know these facts which have of late come to light.

John and Flossie Pollock, both Roman Catholics had two daughters, Joanna, 11, and Jacqueline, just 6. Both these daughters were knocked down by a car and killed on the road on a sunny May morning in 1957. John Pollock had always been deeply interested & believed in reincarnation & believed that we had other lives and therefore also believed that Joanna and Jacqueline were going to be reincarnated Flossie was totally against a belief in reincarnation John kept insisting that their girls could come back to them but the wife would say "They can't. They have gone straight to heaven". Then one night she told her husband that she was pregnant. That was in January after the girls were killed. John said that he was convinced that his wife was going to have twins but she said John was talking nonsense and the best thing to stop him was to consult a gynaecologist. This was arranged and the doctor examined her and told that there was only one beat, only one set of limbs and that there was no chance of twins being born. She went into labour on the night of Oct.3, 1958. In the morning, as soon as John who had a dairy-farm came back from his milk round, he was told that his wife had twin daughters. He was not surprised. They were named Gillian and Jennifer and as soon as he saw the twins, he noticed the younger one born

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just 10 minutes after Gillian had a thin white line on her forehead. Jacqueline, the younger of the two girls killed, had fallen when she was two and cut her forehead badly. The scar faded and it was just a thin white line when she was six. She also had a brown birthmark at her hip like a thumbprint, which Jacqueline had too.

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Mr. Pollock had packed all the toys in a cardboard box which belonged to the two girls who were killed. After the twins were born, the Pollocks moved to Whitley Bay and the box was tucked away in the loft.

When the twins were about four, it occurred to Mr. Pollock as to why not give those toys to the new-born twins. The twins knew nothing about the toys but the moment these were given to them, Jennifer picked up the doll and said that this was her Suzanne and that she had not seen it for a long time. Then she told Gillian that she should take her wringer.

Some weeks later, Mrs. Pollock wore an old dress which she used to wear before the twins were born. As soon as Jennifer saw it she said "That is what Mummy wore when she fetched us from school". Another unusual incident happened a little later. The twins were playing in a court-yard outside the house when Mr. Pollock heard them screaming and dashed out, he found them clasped, in each other's arms crying hysterically—'the car is coming at us'. Gillian was holding Jennifer's head and saying "That is where the car hit you." The twins knew nothing about the car which had killed the other two girls.

Reports about the twin girls began circulating far and wide. Dr. Ian Stevenson at the University of Virginia in the United States, internationally acknowledged an expert on this subject, also came to know of it and spent a number of days with the Pollocks. He interviewed them extensively. Mr. Pollock told him that the twins had been about 4 months old when they had left Hexham and they had never been back until now when the twins were about 4 years old. He took them to the area of the town which the other two girls had known well and let them walk ahead of them. Suddenly, one said "The school is just round the corner (they could not have seen it as it was hidden by the Church there). But her sister said "That is where we used to play in the play-ground." As they went past Hexham Abbey, one said "The

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Swings and slides are over there" (They were on the other side of the hill, out of sight). As the Pollocks passed their old house, both the twins said "We used to live here".

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There were a few other unexplained coincidences :—

(i) When Jacqueline went to school she used to have her hand slapped for writing with her pencil interlocked in her fingers. Jennifer held hers in a similar fashion.

(ii) When Joanna was six, she fell and chipped a piece of a front tooth. When Gillian was six, she too fell and broke a piece of her front tooth.

Dr. Stevenson who has investigated over 1000 similar cases describes this case with professional caution as "Suggestive of reincarnation." The facts are so very clear and it is for you to say "Is reincarnation a fact or fiction?"

OOO

'Ideas Exchange' is Your Paper

1. We would welcome your ideas, suggestions, comments and views for the improvement of your paper.
2. News, articles, stories, small paragraphs conducive to our aims and objects will be greatly appreciated (i.e. pertaining to spiritual, cultural and moral values of life and relating to Health and Happiness).
3. These write-ups may be also about sports occasions, hobbies, interesting events, or anything to do with your job, the people you work with, or your ownself. These should bear some didactic value.
4. Stories of your success in life.
5. Your biography.
6. How one should lead his life.
7. How you spend your leisure time.

With your permission, we would like to publish these to share with other friends.

—Editor

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A thought provoking news from Greece

Please peruse the news item and the comments of the Editor, 'Daily Telegraph', London. Our own comments are given right at the end, but may we also invite your observations and views. We shall be glad to publish them. (Editor.)

A True Word

Bishop Kantiotis of Florina in Northern Greece, a member of the Holy Synod which governs the Greek Orthodox Church, has called for the abolition of television. He calls it "the Devils instrument in e ery home."

Never was there a truer definition of this vile and unnecessary invention, which future historians, if there are any, will class along with nuclear power and mass chemical contraception as one of the three greatest evils of our age.

This wise bishop says that television turns children into criminals. A child can see, on average, 11 crimes a day on television or about 4000 a year. By the age of 17, he may have been a "passive accomplice" to 18,000 murders.

Who can doubt that this is true ? But television not only destroys human feeling and conscience ; it also rots the brain with its continual flicker of images—nor does it matter that the images may be harmless or agreeable in themselves ; continual exposure to them weakens the growing child's apprehension of the real world.

There is no chance, of course, that the Bishop of Florina's warning will be heeded. Television will not be abolished in Greece or anywhere else. But at least he has spoken the truth, and a few may hear and understand. Why have we no bishops here who will do as he has done and denounce the Devil's box of tricks for what it is ?

Ours will merely repeat the ancient mantra : "Science has put in man's hands gifts which he can use either for good or ill." But as it becomes more and more obvious that these gifts are invariably used, on balance, for ill, should we not begin at least to wonder whether science, that most convenient abstraction, is the giver ?

Television, like many other innovations, has come to stay. It is up to us to use it for constructive, educational and other good purposes. It is not the television, we want to abolish, but it is the screening of films on murder, crime, violence and sex which should be interdicted. Same applies to other media, radio and cinema. Such films are polluting and corrupting the minds of people.

—Editor.

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A worldwide malady

Judge Attacks

'Evil Canker Of Corruption'

A High Court judge attacked the "evil canker" of corruption, "barely heard of in this country 50 years ago, but now rife."

Mr. Justice Drake told Nottingham Crown Court : "The time has come when the courts ought to deal very severely whenever corruption is found. Prison sentences should virtually be inevitable."

He was sentencing Dennis Reed, 46, of Normanby Road, Scunthorpe, who had admitted two charges of making gifts of petrol to a British Steel Corporation transport officer. Reed was given a six-month suspended jail sentence, fined £750, and ordered to pay £500 costs.

* * *

Again this is a news item from the British press. The judge is right in saying that corruption was barely heard of in England 50 years ago. Lack of spiritual and moral education is the main cause and the sooner the world realises and wakes up to the dire need of inculcating and practising virtues for a Higher and Better life, the brighter the chances of avoiding being faced with more disastrous consequences.

—Editor.

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Mr. Lee says "British Courtesy is Vanishing"

We have culled this news from "Daily Telegraph"—London, and, to some degree, we are inclined to agree with the writer. In 1936, when our Mr. F.C. Sondhi came to England, he experienced utmost courtesy, politeness compassion, spirit of service and help, and above all high character and discipline. You meet a child, he will take off his cap in salutation, will offer to carry your shopping bag and will address you with great respect and humility. The moral education in schools was playing a great part. Since after the second world war things started gradually worsening ; yet in many ways, it has not completely lost its fundamental and pristine nobility. In all parts of the world, we are witnessing vandalism and violence. Let us however heed the warning and learn from Mr. Lee's exhortation to fill our land with currents of courtesy, humility, love and service. —Editor.

MR LEE KUAN YEW, Prime Minister of Singapore, has called for his island state to become "courteous by 1990" and avoid going the way of Britain where "courtesies have become perfunctory."

He made his remarks over the weekend at a community centre where a seminar was held on the promotion of courtesy as a way of life.

Singaporeans were more rooted, settled and confident people than they were a decade ago, said Mr. Lee. This he compared with the results of social changes in Britain.

'Gradual roughening'

Mr. Lee noted that when he went to Britain as a student in 1946, he found the British courteous and gracious despite six years of war and deprivation.

"London was then the centre of a great civilisation, justly proud of its heroic role in the last war, and conscious that it was a centre of great decisions and events which affected the world.

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"Over the last three decades, returning for periodic visits, I watched with sadness a gradual roughening in inter-personal relationships."

Mr Lee said that British drivers were once the most considerate snd courteous in the world. But they had become as aggressive as those in Europe—though not as bad as Singaporeans.

Personal standards of honesty had gone down in Britain. Vandalism in trains, football stadiums and other public places "unheard of 30 years ago, have become part of contemporary Britain."

Mr Lee did not mention that when the Singapore government launched its courtesy campaign more than a year ago the accompanying slogan was "courtesy is our way of life." Some months later the authorities decided that the subtle change to "Let us make courtesy our way of life" would be more appropriate "

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ऋषियों के प्रश्नोत्तर

पञ्चम प्रश्न का समाधान हो जाने पर महर्षि पिप्पलाद से भारद्वाज के पुत्र सुकेशा ने पूछा—हे भगवान्। कोशल देश के राजपुत्र हिरण्यनाभ ने एक बार मुझसे यह प्रश्न किया था—हे भारद्वाज के पुत्र, क्या तुम सोलह कला वाले पुरुष को जानते हो ? मैंने तब उत्तर दिया था—मैं इसको नहीं जानता। यदि जानता होता तो अवश्य बताता। निश्चय ही वह व्यक्ति मूल सहित सूख जाता है जो झूठ बोलता है, इसलिए मैं झूठ बोलने में असमर्थ हुं। यह सुन कर राज कुमार हिरण्यनाभ चुपचाप रथारूढ होकर चला गया। अब मैं आपसे उस सोलह कला वाले पुरुष के बारे में पूछता हूं। वह पुरुष कहां है ?

प्रश्न का उत्तर देते हुए महर्षि ने कहा—हे सौम्य, इस शरीर में ही वह पुरुष है। जिसमें सोलह कलायें उत्पन्न होती हैं। वस्तुतः षोडश कला वाला पुरुष परमात्मा ही है और वही प्रत्येक मनुष्य के शरीर मंदिर में विराजमान रहता है।

उस पुरुष ने चिन्तन किया कि मैं किसके निकल पर निकला हुआ हो जाऊंगा और किसके प्रतिष्ठित होने पर प्रतिष्ठित होऊंगा। अभिप्राय यह है कि यों तो शरीर जड़ है, परन्तु उसमें चैतन्य तत्त्वद्वय-आत्मा और परमात्मा के रहने पर ही उसकी प्रतिष्ठा होती हे. अन्यथा पाञ्च-भौतिक संघात इस शरीर का क्या महत्त्व है ?

जिस षोडश कलासम्पन्न पुरुष की जिज्ञासा की गई थी उनका पूर्ण विवरण प्रस्तुत करते हुए आचार्य ने कहा—उस ईश्वर ने प्राण को उत्पन्न किया। प्राण से श्रद्धा, आकाश, वायु, अग्नि, जल, पृथ्वी, इन्द्रिय, मन और
1 2 3 4 5 6 7 8 9
अन्न की धत्पत्ति हुई।
10

अन्न से वीर्य, तप, मन्त्र, कर्म और लोक की उत्पत्ति हुई। पश्चात्
11 12 13 14 15
लोकों के नाम को उत्पन्न किया। यही वे षोडश कलायें हैं जिनसे संसार में
16
नाना-विध व्यापारों की सिद्धि होती है और इन्हीं कलाओं की उत्पत्ति का

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निमित्त कारण होने के कारण पुरुष परमात्मा को षोडश कला सम्पन्न पुरुष कहा जाता है। पुराणों में राम, कृष्ण आदि अवतारों को विभिन्न कला सम्पन्न अंशावतार तथा पूर्णावतार कहा गया है जो मिथ्या कल्पना ही है।

सृष्टि का जब अस्तित्व रहता है तब तो ये कलायें अपने अभिश्यवत रूप में रहती हैं, किन्तु प्रलय काल में अपने कारण रूप परमात्मा में उसी प्रकार लीन हो जाती हैं जैसे नदियां बहती हुई अपने गन्तव्य स्थान समुन्द्र में जाकर अस्त हो जाती हैं। अब उनका नाम रूप मिट जाता है तथा लोग उन्हें नदी न कह कर 'यह समुद्र है' ऐसा ही कह कर पुकारते हैं।

सोलह कलाओं का अयन-स्थान भी पुरुष परमात्मा ही है और उसे ही प्राप्त होकर यह कलायें भी अस्त हो जाती हैं। इनका नाम रूप भी समाप्त हो जाता है और अब प्रलयावस्था में यह पुरुष ही अवशिष्ट है, ऐसा कहा जाता है। यह सर्वद्रष्टा परमात्मा ही अकल (वस्तुतः कलायें तो इसी का शक्ति विस्तार हैं) तथा अमल-निर्मल पवित्र है। इस कथन की पुष्टि में प्राचीन आचार्यों ने यह अभिप्राय श्लोल रूप में व्यक्त किया है—रथ के पहिए की धुरी में जैसे अरे रहते हैं, उसी प्रकार 16 कलायें जिस पुरुष में प्रतिष्ठित हैं उसी जानने योग्य ईश्वर को जानो, जिससे कि तुम मौत की व्यथा से त्राण प्राप्त कर सको।

छठे प्रश्नकर्ता के प्रश्न का उत्तर भी मिल गया। तब उन सभी प्रश्नकर्ताओं से आचार्य पिप्पलाद ने कहा—मैंने तुम्हारे प्रश्नों का उत्तर देते हुए परम-ब्रह्म के विषय में जो कुछ कथन किया है, वही मेरा एतद् विषयक ज्ञान है। और वस्तुतः इस पारमार्थिक ज्ञान से भिन्न और कुछ ज्ञातव्य है भी नहीं। तब उन छहों प्रश्नकर्ताओं ने आचार्य की पूजा (सत्कार) की और कहा कि आप ही हमारे पिता हैं क्योंकि सच्चा पिता वही होता है जो हमें अविद्या से पार ले जाये। उन परम ऋषियों के लिये हमारा नमस्कार हो जिन्होंने इस ब्रह्म विद्या का संसार है।

Courtesy : "परोपकारी" Journal

तेरा कीता जातो नाही मैनो जोगु कीतोई।
मैं निरगुणिआरे को गुणु नाही आपे तरसु पइओई॥
तरसु पइआ मिहरामति होई सतिगुरु सजणु मिलिआ।
नानक नामु मिलै तां जीवां तनु मनु थीवै हरिआ॥ मः 5॥

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आत्म-निरीक्षण

मनुष्य गलती का पुतला है। स्वभावतः अल्पज्ञ होने के कारण वह भूलें अथवा गलतियां कर बैठता है। किन्तु जो व्यक्ति आत्म-निरीक्षण द्वारा अपनी भूलों अथवा त्रुटियों पर समुचित दृष्टिपात कर लेता है, उसके सुधरने एवं ऊबरने की आशा की जा सकती है। विपरीत इसके जो आत्म-निरीक्षण नहीं करता वह घोर पतन को प्राप्त होता है। यही दशा समाज का भी है क्योंकि व्यक्तियों के समूह का नाम ही तो समाज है जिस प्रकार व्यक्तिगत भूलें व्यक्ति को पतन की ओर ले जाती हैं, वैसे ही समाज-गत भूलें भी समाज को पतन की ओर ले जाती हैं। जिस व्यक्ति अथवा समाज को अपनी भूलों का एहसास ही न हो, उसके पतन को कौन रोक सकता है ? अतः पतन से बचने के लिए यह आवश्यक है कि हम आत्म-नीक्षण द्वारा अपनी भूलों को देखें एवं उनके निराकरण का समुचित उद्योग करें।

भजन

077688

पितु मातु सहायक स्वामी सखा, तुम ही एक नाथ हमारे हो।
जिन के कछु और आधार नही, तिन के तुम ही रखवारे हो॥
सब भांति सदा सुख दायक हो, दुःख दुर्गुण नाशक हारे हो।
प्रतिपाल करो सगरे जग को, अतिशय करुणा उर धारे हो॥
भूले हैं हम ही तुझ को तुम तो, हमरी सुधि नाहीं विसारे हो।
उपकारन को कछु अन्त नही, छिन ही छिन जो विस्तारे हो॥
शुभ शान्ति निकेतन प्रेम निधे, मन मन्दिर के उजियारे हो।
यदि जीवन के तुम जीवन हो, इन प्राणन के तुम प्यारे हो॥
तुम सों प्रभु पाय 'प्रताप' हरी, केहिं के अब और सहारे हो॥

अंतरि गुरु आराधना जिहवा जपि गुरनाउ। नेत्री सतिगुरु पेखना स्रवणी सनणा गुर नाउ। सतिगुर सेती रतिआ दरगह पाइये ठाउ। कहु नानक किरपा करे जिसनो एह वथु देइ। जग महि उतम काढीअहि विरले केई केइ।

॥ 1 ॥ म: 5 ॥

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विनय

(1) त्वमेव माता च पिता त्वमेव। त्वमेव बन्धुश्च सखा त्वमेव ।।
त्वमेव विद्या द्रविणं त्वमेव। त्वमेव सर्वं मम देव देव ।।

(2) ईश तुही जगदीश तुही, मम शीश तुही प्रभु राखन हारो।
मात तुहीं मुरु तात तुही, मित भ्रात तुही धन धान्य भंडारो ।।
राव तुहीं उमराव तुही, मन भाव तुही मम नयन को तारो।
सार तुहीं करतार तुही, परिवार तुही घरबार हमारो ।।

(3) तुम हे जगदीश दया; करुणा कर चित दया भरियो ।
बहु भोगि लई अपनी करनी, अबदीन विचार क्षमा करियो ।।
तुमरे बिसरे सिगरी बिगरी, अब नाथ कुबुद्धि सबै हरियो।
सुन दीनानाथ निवेदन को सत्य ज्ञान सबै हम में भरियो ।।

प्रार्थना

विश्वानि देव सवितर्दुरितानि परासुव। यद् भद्रं तन्न आसुव
।। 1 ।। य० अ० 30 मं० 3 ।।

हे प्रकाशमय देव! हे सब जगत् को पैदा करने वाले परम पिता जी! हमारे सब कष्टों को दूर कर और जो सुख मङ्गल है वह हमें प्राप्त करो।

हे ओम् प्यारे परमपिता जी! हे प्रभुवर! हे दीनबन्धो! हे करुणासिन्धो, हे आनन्दस्वरूप! तुम एक अखण्ड हो, सर्वव्यापक निर्विकार हो, सर्वाधार और सारे विश्व के स्वामी हो, सर्वशक्तिमान हो सर्व दैवी गुणों के निधि हो, दया के सागर हो, तुम अधमउधारक पतित पावन हो, तुम्हारी महिमा अपरम्पार अगाध है, तुम महान् से भी महान् हो, तुम राजाओं के महाराज हो, और देवों के महादेव हो, तुम्हारी गति, तुम्हारी रचना और तुम्हारी महिमा अपरम्पार है कोई पार नहीं पा सकता है। हमारे हृदयों में रह कर फिर मन और बुद्धि से आगोचर हो, तुम महामङ्गलकारी परोपकारी, प्राण के प्राण, जीवन के हो, हे अखण्ड सच्चिदानन्द परम कृपालु प्यारे पिता जी! तुम महान् ईश्वर हो, तुम्हारी उपासना, तुम्हारा ध्यान और तुम्हारी आज्ञा पालन करने के लिये आप हमारे आत्माओं में श्रद्धा, विश्वास, प्रेम और भक्ति को उत्पन्न करो। हमारा प्रेम, विश्वास और आदर से किया हुआ प्रणाम, नमस्ते स्वीकार करो। कहो पिताजी "तथास्तु"।

ॐ शान्तिः! शान्तिः!! शान्तिः!!!

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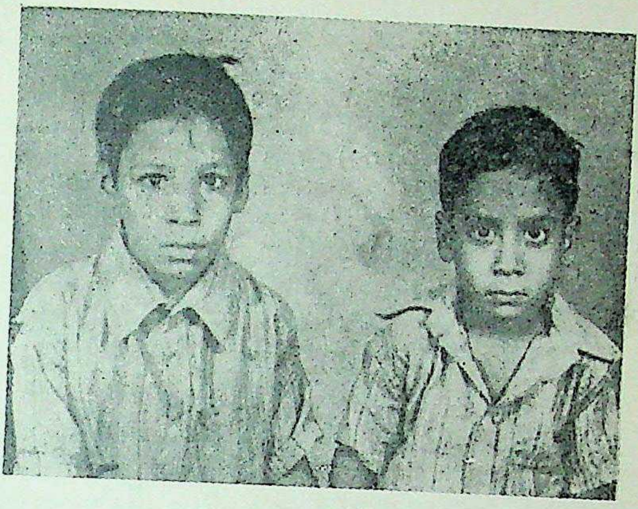

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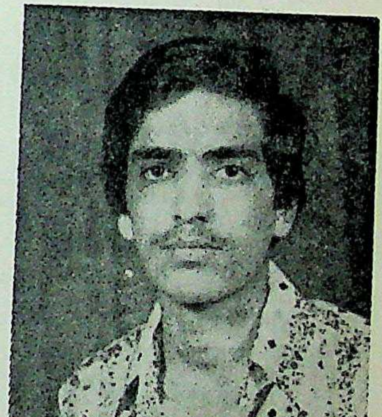
Selected for an anonymous Scholarship from London



Mr. DALIP KUMAR

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Note : The views expressed in the articles by the various authors are not necessarily those of the editor.

—Editor

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Ideas Exchange

LETTER

45
23 APR 19

सर्वे भवन्तु सुखिनः, सर्वे सन्तु निरामयाः ।
सर्वे भद्राणि पश्यन्तु, मा कश्चिद् दुःख भाग भवेत ।।

The Crown of Life

O Men ! you can take life easily but, remember, none of you can give life !
So, have mercy, have compassion !
And, never forget, that compassion makes the world noble and beautiful !
Remember, too, that all living beings are linked together in MAITRI.
Therefore, resolve that you will live on bloodless diet.
Verily, in gentleness is the crown of life ! —*Buddha*

No. 204 **FORTNIGHTLY** **25th MARCH, 1981**

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(INDIA)

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The joy of living a peaceful life

खुशदिल जो रहना चाहते हैं आप हर घड़ी ।
अपने सिवाय किसी को नसीहत न कीजिए ॥

The above couplet translated into English signifies :-

If you want to be happy and cheerful all the time, offer advice to yourself and not others.

How very true it is that instead of rendering advice to others, it is far better and efficacious to look into myself.

It is also a fact that if we want peace we have to look within ourselves. Let me clean my mind of all those impurities like jealousy, hatred, anger, enmity, passion, greed and egoism.

Let me establish the Kingdom of heaven within me by eliminating controversies, conflict and contradictions.

What do I do to achieve this cherished object :-

- I get up in the morning & thank the Lord for His protection throughout the night.
- I radiate thoughts of health happiness and harmony in all directions.
- I observe silence and do my scriptural study and meditation for at least 30 minutes. I invoke His blessings, light, and love.
- I go out, inhale fresh air and take exercise, a brisk walk or jogging.
- I greet all my family members in a cheerful mood.
- I do not use any harsh or unpleasant words.
- I remain calm in spite of provocation.
- All day long, I do not criticize or speak ill of anyone.
- Late at night, before going to bed, I again thank my Lord and meditate upon His benevolent and glorious form.

—F. C. Sondhi

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Religion for Indian Children living abroad —1

(*J. L. Datta, London*)

Christianity is the religion that is taught in schools. In the morning assemblies, in the Hymn-practice-periods, and especially near Christmas, Jesus, Mary, Joseph, angels, the guiding-star and the three kings are the names that comprise the religion and the conception of God. Almost all the children take part in Christmas plays at school, and these names are repeated in rehearsals for a great number of times. But for the Indian children, it is a great confusion when they hear their parents, at home, remembering God with different names. And, sometimes, their queries make the stories quite incomprehensible to them.

The other day, when Neelam, who is six, saw her mother praying to God, she asked, "Mum, if I pray to God in English, will He understand?" For her the Indian God has never been abroad & He would understand only the oriental languages, Neelam could hardly speak. At another occasion, Neelam asked if Indian God had ever been to school. She is made to understand by the circumstances, that everybody in India is illiterate and Indian God could not be literate either.

In the last Summer Holidays when the three young sisters were cornered in their home by the young hooligans who showered abuses and stones at the front door and in the back garden, Kusum, the eldest of the three, thought that only God could help them at that time of crisis She suggested, "Let's pray to God." "He can't come so quickly," retorted Neelam, "He's in India." What a Godless country they are living in !

In an argumentative skirmish among children, deciding the superiority of their respective Gods, Kusum, who is eight, argued, "Your God is dead. He was crucified. Our God is still living. He was not crucified." "But He rose again, you know, on the Easter day," Julie, her classmate said. "Ah, then you have to wait till Easter," replied Kusum, "It's only November as yet."

One day, Kusum came home quite contented with the conception of God. She said, "Mum, there are two Gods, aren't

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there ? One is Jesus and the other is an Indian God. When we are here, we'll pray to Jesus, and when, we go to India, we'll pray to the Indian God. Aren't I right, mum ?"

Mr. Krishan Bhatia, an experienced journalist, is a great friend of mine. In last August, on the day of Janam Ashthmi, I said to him by way of a joke, "It's your birthday. You're Krishna, our Lord". Poonam, his youngest daughter, who is hardly five, heard it. She ran to her sister and said, "You know, our daddy is God. Uncle is telling him. He is a real God." Then she came back running, perhaps with an anxiety to enhance her knowledge about her daddy God, but unfortunately, she tumbled over the oil heater. Mr. Bhatia dashed to pick her up, but in an annoyance, he called her stupid. Poor Poonam's faith was shaken. She looked at him, pulled down her face in dejection and said, "You're nothing." Mr. Bhatia asked her inquisitively, "What do you mean by it ?" "You are nothing. You are not a God", said she.

In the same evening, when we were at the Hare Krishna temple, Mrs. Bhatia was explaining to her children the importance of the festival, "Its our Christmas. Our God was born on this day." Poonam asked, "Why is He born again?" Mrs. Bhatia had hardly opened her mouth to answer this ambiguity when Neelam interrupted "Why is He born here. ? Does He not like India any more ?

Utopian Dream

There will soon be a new world with no more coveting, nor lying, nor murders, nor broken homes and families. There shall be peace, happiness, joy, all living the way of "Give", which is outflowing love !

The Life Of Self-Control

The life of self-control is not grievous but joyous when we become accustomed to it. It clears the mind ; it strengthens the judgment ; it elevates the character. It is the true freedom which places us above both our bodies and our minds, and so gives us the true use of them.

—Benjamin Jowett

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Hindu Centre, London

A Brief History

Hindu Centre is the oldest Hindu institution in England. Though the name 'Hindu Centre' was adopted in 1962, it was, in fact a continuation of the old organisation known as Hindu Association of Europe which was founded in 1932. Four of our trustees i.e. Mr. F.C. Sondhi, Dr. K.D. Kumaria, Seth Ramchand and Mr. K.K. Singh ; two of our patrons, Dr. R.N. Bhaskar and Mr. P.S. Banarse, as well as a number of our existing members were actively associated with this Association. Due to some unfortunate reasons, the Hindu Association ceased to function in the fifties. None theless as there was no regular priest in London in those days, various Hindu ceremonies were performed by Mr. F.C. Sondhi, Dr. D.S. Chowdhry and Mr. R. Krishna. Any amounts received as donation were held in a deposit account in Midland Bank in the joint name of Mr. F.C. Sondhi and Mr. K.K. Singh. The intention was that this money would later be donated to a deserving charity in India. However, it was felt that there was need for a Hindu Organisation to provide a religious, cultural and social platform to the Hindus in London. The idea was initiated by Mr. K.K. Singh and with the help of Mr. F.C. Sondhi and Dr. K.D. Kumaria a meeting of prominent Hindus of all denominations was held at the residence of Mr. Sondhi and the foundation of the Hindu Centre was laid. Mr. Sondhi was also unanimously elected the first president of the Centre.

The first function of the Centre was held at The Royal Overseas League in March ,1962, with cultural programme There were over two hundred persons present at this function. The organisation was originally named HINDU CULTURE CENTRE. However later on the "Culture" was dropped & the Centre came to be known as Hindu Centre. Soon after, we were successful in securing the use of St. Michael's Hall in Golder's Green for our weekly Sunday meetings. We functioned there until 1968. It was during the early period of our holding functions at St. Michaels Hall that we were fortunate enough to come in contact with Mr. S.N. Bhardwaj who later became closely associated with the Centre and

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made a valuable contribution towards the progress of the Centre, apart from being our president for many years.

In 1966, one of our friends and supporters, Mr. Ashok Verma, who was at that time living in Jamaica came to London on a short visit and attended one of our weekly meetings at St. Michaels Hall. He was impressed by the good work which was being done by Hindu Centre for the Hindu community in London and offered to donate a sum upto £ 700/- provided we raised the same amount from our members and supporters within a limited period. We were fortunate to raise this money which gave us an additional £ 1400/—and also an impetus to acquire our own premises.

The following year i e. 1967, Mahatma Anand Swami JI (whom most of us know as Mahasha Khushal Chand) came to London and delivered a lecture at one of our monthly meetings at St Michael's Hall. At that time, we were actively engaged in raising funds for our own building and Swamiji gave us his blessings and told us that when he would come to London on his next visit, we would have our own premises. Our dream turned into a reality and we were successful in the purchase of our permises at 39 Graften Terrace, London NW5 in 1968. Two years later, Anand Swamiji came to London and was so happy to find that his blessings had become a reality. He suggested opening of other branches of the Hindu Centre and on his initiative, we were able to open two other branches—one in South-West London with Mr. Jamnadas as the convener and the other in East London. Though the south-west branch ceased to function later, the East London branch is very active. It was agreed that these branches will have managements independent of the Hindu Centre though these organisations will be complementary to each other.

So we have been at the present premises since 1968. The building was adequate for our needs at that time but in the light of expanding Hindu community and our wide range of activities, we now need a larger building. We hope that we will be successful in our efforts with your support and prayers.

(Culled from the Centre's Deepawali Souvenir) OOO

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International Hello Day

(From our London Correspondent)

On Friday, 21st November, 1980, International Hello Day was observed all over the world The whole idea was to greet one another and especially those whom one has not spoken before ; to break the barriers of silence and to communicate with one another. This does bring about World Peace and Unity. Might we also suggest a few more ideas in this respect :—

- If you meet people, particularly in the morning, during walks, greet them and have the honour of doing so, yourself first. Even if you don't get a response, don't get discouraged.
- At home, greet everyone, young or old, as first thing in the morning and last thing before going to bed.
- At your place of work or in the office, be the first one to greet everybody, irrespective of their rank or position.
- While travelling on the bus, train, ship or plane, greet the people you come into contact with.
- At the port of embarkation or disembarkation a cordial and pleasant greeting should be accorded to the passengers and the tourists.
- Greet the customer or supplier at your shop or store.
- In schools, colleges, factories, hospitals, surgeries, dispensaries, hotels, greet one another.
- At congregations and gatherings go out of your way and greet people. Introduce yourself and enter into conversation. It pays to talk to people and exchange of ideas brings its own rewards.
- In businesses and societies, the Heads should always communicate with their colleagues and co-workers and keep them apprised of facts and figures.
- Take the initiative of telephoning friends when you have not seen them for a long time.
- Go into hospitals and say "Hello" to patients with the permission of Matron or Doctor concerned.
- Above all, do not break the chain of communication with your Supreme Lord, while your hands are busy outwardly. ●●●

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Inspiring Words

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(Selected from the Inauguration Speech of President Reagan of U.S.A.)

Genius Of Man.

"So there will be no misunderstanding, it is not my intention to do away with government.

' It is rather to make it work—work with us, not over us ; to stand by our side, not ride on our back.

"Government can and must provide opportunity, not smother it ; foster productivity, not stifle it.

"If we look for the answer as to why for so many years we achieved so much, prospered as no other people on earth, it was because here in this land we unleashed the energy and individual genius of man to a greater extent than had ever been done before.

"Freedom and the dignity of the individual have been more available and assured here than in any other place on earth.

"The price for this freedom has at times been high, but we have never been unwilling to pay that price.

Limits Of Small Dreams

"It is no coincidence that our present troubles parallel the intervention and intrusion in our lives that have resulted from unnecessary and excessive growth of government.

"We are too great a nation to limit ourselves to small dreams. We are not, as some would have us believe, doomed to an inevitable decline.

"I don't believe in a fate that will fall on us no matter what we do. I do believe in a fate that will fall on us if we do nothing.

"So, with all the creative energy at our command, let us begin an era of national renewal.

"Let us renew our determination, our courage, and our strength. Let us renew our faith and our hope.

"We have every right to dream heroic dreams.

"Those who say that we are in a time when there are no heroes just don't know where to look.

"You can see heroes everyday going in and out of the factory gates.

"Others, a handful in number, produce food enough to feed all of us and much of the world beyond.

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"You meet heroes across a counter—on both sides of that counter.

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"There are entrepreneurs with faith in themselves and ideas how to create new jobs, new wealth and opportunity. They are individuals and families whose taxes support the government and whose voluntary gifts support church, charity, culture, art and education.

"Their patriotism is quiet but deep. Their values sustain our national life.

'Your Dreams—My Goals'

"I have used the words 'they' and 'their' in speaking of these heroes. I could say 'you' and 'yours', because I am addressing the heroes of whom I speak—you, the citizens of this blessed land.

"Your dreams, your hopes, your goals are going to be the dreams, the hopes and goals of the administration, so help me God.

"We shall reflect the compassion that is so much a part of your make-up.

"How can we love our country and not love our countrymen ? And loving them reach out a hand when they fall, heal them when they are sick and provide opportunity to make them self-sufficient so they will be equal in fact, and not just in theory ?

Remove Roadblocks.

"Can we solve the problems confronting us ? The answer is an unequivocal and emphatic 'yes'.

"Above all we must realise no weapon in the arsenals of the world is so formidable as the will and moral courage of free men and women.

"It is a weapon our adversaries in today's world do not have. It is a weapon that we as Americans do have. Let that be understood by those who practice terrorism and prey upon their neighbours."

"I am told that tens of thousands of prayer meetings are being held on this day, and for that I am deeply grateful."

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These stimulating words for action could apply to all countries of the world.

—Editor.

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LONDON DIARY

(By Madan Mohan Kalia, London)

The Republic Day of India is celebrated all over the United Kingdom even in places where a handful of Indian families have settled.

Reports have been arriving from Edinburgh, Glasgow, Sheffield, Leads, Belfast, Birmingham and other towns, how the enthusiasm of the Indian community on this day of National Importance was channellised into the holiday of meetings, cultural programmes and progresses.

Views were expressed by the speakers on the necessity of creating peaceful atmosphere between different racial and ethnic groups. Mr Healy assured that his party would try to delete all objectionable clauses from the Nationality Bill.

Indian Journalists' Association was founded by Shri Krishana Menon long before India became free. Its meritorious work is continued under its present President, Dr. Terapeda Basu.

This year their dinner was held at the famous connaught rooms. The guest of honour was Rt. Hon. William Whitelaw, British Home Secretary. Our High Commissioner, Mr. Sayyad Mohammed, and Deputy High Commissioner, Dr. I.P. Singh, were present with their wives.

Dr. Basu extended a welcome to the guests, and said that the Indian Journalists' role was to let their people in India know how their nationals in Britain lived. He mentioned that racial discrimination was against the spirit of British Friendship.

The Home Secretary, Mr. Whitelaw, proposed the toast to the President and the people of the Republic of India and paid compliments to the role of Indian community in Britain and in the International forums. He said that the racial policies of some sections of the community will be carefully watched and safeguards provided to ethnic minorities in Britain.

Dr. V.A. Sayid Mohammed, our High Commissioner, emphasised the need for the creation of congenial atmosphere for the success of the forthcoming visit of Mrs. Thatcher to India. He hoped that her historic meeting with Mrs. Grandhi would create an understanding between the two countries befitting the two great lady statesmen of the world.

Bharatiya Vidhya Bhawan organised the Republic Day in the presence of Mr. David Steel, leader of the Liberty Party. ●●●

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A Life in the day of Duncan Goodhew, Olympic Gold Medallist in Swimming

[Courtesy : Sunday Times Magazine London]

I wake up at about 5-30 in the morning. Sometimes I make tea and have a few biscuits : other mornings I go along to Bill's caff, a little cafe off Bockenham High Street. He's a fantastic chap : you walk in there and he insults you all the time, but he knows everybody and it's got that lovely family atmosphere. I think breakfast is the best meal of the day—I love fried eggs.

Usually, whether I make breakfast myself or go to Bill's I go straight back to bed for an hour or two afterwards When I'm training. I stay in Beckenham with Athole and Isobel Still. Athole's my personal manager. He swam in the Helsinki Olympics and is now swimming correspondent for the Sunday Times and runs an operatic management company. I stay in one of the rooms on the third floor so I get plenty of practice running up and down stairs.

Ronny Burns, another ex-Olympic swimmer, was staying with us recently. After our tea and biscuits we'd go off to the Crystal Palace pool, which is only about five minutes' drive, and train from 6 till about 8. But I tend to lie in bed a bit more now.

The training for swimming is not like other sports. For instance, just prior to a competition we have to spend an awful lot of time just doing nothing. We're not allowed to walk around or do anything energetic—just rest That often means lying in bed for as much as 16 hours a day or more. So at that time, my day becomes filled with ways to relax. I find one of the best ways is to just sit and think, philosophise a bit.

I think the secret to success in anything is consistency. If you can smooth out your different moods and become a more level person then you're more likely to succeed. At least I've found this to be the case with myself. Years ago, I had very volatile personality. I was very moody, up one minute and down the next. I found I could never guarantee that I'd be in the right frame of

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mind when the competition actually came. But now I find that I can even my character. I don't get upset ; I don't get uptight any more which is good because it has destroyed the possibility that I might be having an 'off' day.

I suppose all this talk of the ways in which I have to rest makes me sound like a loner. But I'm not a solitary person by nature I like company but the trouble is swimmers live such a horrible one-track life and they're so bad-tempered all the time that the only people who will put up with them is other swimmers.

I'm convinced that if you want to become a top athlete there's no way you can do anything else other than concentrate 100 per cent. on your sport.

I've had a long spell in swimming and I'm getting to the point where I'd like to try something else. I've done one thing in my life and I think I've done it well. I'd like to see if I can do something else as well.

When I'm training, my days end pretty early. The time I go to bed depends on what I've been doing and how tired I am. Most nights I average about 9-30. You can't expect to do full training and go to bed much later than that, which kind of routine puts the dampers on any sort of social life.

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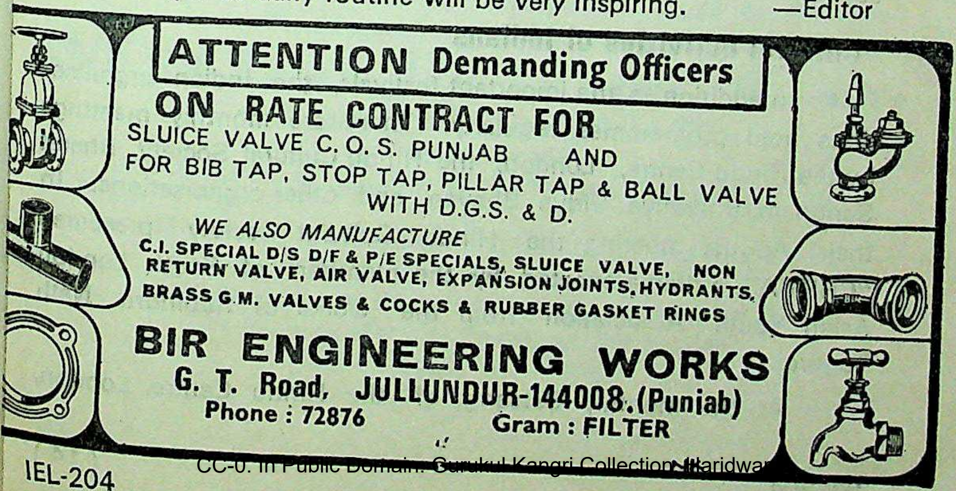
May we respectfully request once again our esteemed readers to give us in brief their life sketch or daily routine in their life. There must be quite a large number of our friends, who have made a success in business, spititual, social or sports field. Their good example of daily routine will be very inspiring. —Editor



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Letter from London

(By Madan Mohan Kalia)

London has the reputation of being the cultural capital of the world. In the past century that distinction went to Paris. But after leaving the craving for colonial expansion, the British Isles have soon built up a reputation of being in the fore-front of cultural development.

What is a matter of satisfaction to this author is the worthy contribution which the Indians are making to the cultural richness of this country. Hardly a week passes without our artistes presenting their art in superb form and vitality. Royal Festival Hall, Albert Hall, Sadler's Wells Hall and other important halls used to hear compositions of Handel, Bach, Mozart and Hayden only. But now-a-days these places are hosts to Ravi Shankar's music also. These stages have introduced Tabla, Sitar, Sarod, Shehnai, and Veena players from India to appreciative audiences of British, American and European admirers

SANSKRITIC FESTIVAL

Birendra Shankar presented 10th Sanskritic Festival at the Qneen Elizabeth Hall. As usual the festival was a great success. Manipuri dances by Jheveri sisters had the professional finish and authentic style. Vasanthalakshmi presented Bharatanatyam with grace and beauty. Ramesh Mishra gave excellent performance on Sarangi. Malati Gillani's ghazals and classical songs were superb.

Cultural activities of Indians

In addition to the important festivals, the Indian organisations hold programmes regularly. There are monthly meetings by the Hindu Centre, London, the Hindu Cultural Society, Bharat Sangham, Bharatiya Vidya Bhavan and other organisations. In their August meeting the Hindu Cultural Society presented "CHITRA", a drama enacted by the members of South London Asian Youth Association from the works of Rabindra Nath Tagore.

At the monthly Satsang of the Hindu Centre, London,

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Manesh Kansaara presented Raag Hans Dhawni on Santoor. His sons, Divyanshu and Indradhanu, accompanied him on Sitar & Tabla.

These performances are a source of warmth to the Indian community here and to a great extent compensate the loss of inspiration which is in abundance for those who live in India and have not suffered the pangs of separation from the motherland.

(The author will send a regular report from London on the cultural scene). —Editor.

Meditation in Practice

To practise meditation, keep the following in view :

(1) Keep the body in a restful position. It is a spiritual loss to be very weak or very ill.

(2) Be not in a hurry. Sit down to meditate, when you are not tired but fresh.

(3) Open the windows of your mind and heart and quietly take in what comes. Hence the value of silence. Silence is essential to health——spiritual and physical. "The *atman* is Silence," says an Upanishad.

(4) Place your aspirations and difficulties at His Feet. Your sins, too. Don't be afraid to take in His Presence the very "devil" within you. You will be dynamic when the "devil" becomes a servant of God, Sit at His Feet as you are, Sit under His influence.

(5) Call up an object,—an incident say, from Krishna's life or Christ's or Buddha's.—a symbol, say, the Flute or the Cross. And through such incidents and symbols you may touch the Great Ones. Do not think they are dead. The Great Ones live. Read their lives and sayings.

(6) Offer yourself as a sacrifice,—every day. —Dada T.L. Vaswani

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ENTREPRENEURS !

Let Hurdles Not Dispirit you

The whole world acknowledges that India enjoyed and still enjoys rich culture and heritage and India today with its philosophy of non-violence, love and peace can bridge a widening gap between warring nations & can bring about peace & harmony ; to eliminate hatred and violence afflicting mankind and many nations on earth.

The same is true of its rich knowledge, experience and ancient heritage in art, science and technology.

Let us, therefore, once again rise to the occasion, so that side by side with the dissemination of spiritual knowledge, we can also attain success in manufacturing high class products for export abroad.

Our craftsmen and managerial staff have the ability, intelligence and capacity for hard work. We can follow examples of our Eastern brother nations. Japan at one time was known for cheap goods, but look at its today's accomplishments The very name Japan is now synonymous with quality products at a reasonable price. Korea, the Philippines and Taiwan & other countries followed suit and are becoming known for good quality products.

Now Hong Kong too is trying to follow the same path. They want to obliterate their name for shabby and cheap goods. They are concentrating on high quality at moderate prices.

So do not worry about the trade recession in many parts of the world. Awake, arise and grasp the opportunity.

People particularly in the West, are looking today for less expensive goods, but the quality must be good and of a high standard. The tendency today is not for cheap goods. Let us therefore come out of this cheap and shoddy atmosphere and like Japan get known for "quality", consistent and constant, uniform throughout with attractive presentation. Also give reliable and prompt service and honour the promised date of delivery.

—Editor

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Wife 'at risk' if husband smokes

Non-smoking wives are more likely to develop lung cancer if their husbands smoke than if both partners are non-smokers, according to a report in the British Medical Journal.

It warns that cigarette smoke inhaled "at second hand"—called passive smoking—leads to a big increase in cancer among non-smokers.

"These results appear to explain the long-standing riddle of why many women develop lung cancer although they themselves are non-smokers."

Smoke-free areas

The study was carried out over a 14-year-period and was said by the antismoking group ASH to be the first authoritative study to show that breathing other people's smoke increased the risk of dying from cancer.

Mr. David Simpson, director, said : "Non-smokers must immediately insist on the right to work in smoke-free areas and all public places should become non-smoking zones with smoking areas for the minority who still smoke."

The study was carried out among 540 non-smoking wives aged 40 and more in 20 districts of Japan by the National Cancer Centre Research Institute, Tokyo.

"The results of the study clearly indicated that the effect of passive smoking is about one-half to one-third that of direct smoking in terms of mortality ratio or relative risk." says the report.

—Reproduced from Daily Telegraph, London.

What Is In A Smile ?

(Taken from a poster)

A SMILE costs nothing, but gives much. It enriches those who receive, without making poorer those who give. It takes but a moment, but the memory of it sometimes lasts forever. None is so rich or mighty that he can get along without it, and none is so poor that he can be made rich by it A smile creates happiness in the home, fosters goodwill in business, and is the countersign of friendship. It brings rest to the weary, cheer to the discouraged, sunshine to the sad, and it is nature's best antidote for trouble. Yet it can't be bought, begged, borrowed, or stolen, for it is something that is of no value to anyone until it is given away. Some people are too tired to give you a smile. Give them one of yours,as none needs a smile so much as he who has no more to give.

—N. Osborne.

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ON DEATH

(Thoughts read at a London Crematorium)

(By our London Correspondent)

Therefore death is to the body and not to the spirit within. A man who has really attuned himself to God is not at all afraid of death.

You say "My body, my senses" & so on and still you think you are the body. If you say, "My coat", it does not mean that you are the coat. So also when you say "My body", it does not mean that you are the body You are something that possesses this body and distinct from the body. When death comes, you can boldly declare that it is the body which perishes and that you do not die. This "I" within you is the all-pervading cosmic "I". Your identification with the body is the greatest blunder. You are the cosmic spirit, all-pervading, omniscient and eternal. You have only incidentally assumed this body for playing a certain part in the world and after having played that part, you will throw it off as you doff a coat. You have used it for sometime and do not find any more use for it.

Acceptance

Raise your level of toleration and learn that when conditions you disapprove of cannot be changed, you must change and accept the conditions. Understand your instincts and know how to operate them. Instincts do not manipulate you as though you were a mechanical doll. You manipulate your instincts, or should do. Rages and passions, regrets and despairs tend to rule one utterly unless reason, commonsense, good feeling, social-mindedness, and selfrespect take charge.

Avoid Emotional disturbances

Since the thirties, the psychosomatic school of medicine has made it abundantly clear that many diseases of middle and old age are due to emotional factors such as, hate, rage, despair, grief and greed, or to the ravages of conflict, doubt, frustration, sexual passion and hysteria. One would think that, with a passage of many years, these destructive and corroding emotional disturbers would be out-lived, and that serene wisdom would prevail.

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स्वदेश प्रेम

स्वदेश प्रेम को देश भक्ति भी कहते हैं। सम्भव है, आप विचारें कि विश्व प्रेम के बाद "स्वदेश प्रेम" लिखना विश्व प्रेम का खण्डन है। क्योंकि अपने देश प्रेम का अर्थ है, दूसरों से घृणा। परन्तु ऐसा नहीं है, बन्धुओ! हमारा स्वदेश प्रेम का अर्थ दूसरे देशों से द्वेष नहीं है। इस समय जो जगत में एक देश, देशभक्ति के नाम पर दूसरे देश को हानि पहुंचा रहा है, वह देश भक्ति नहीं, वह है मानवता से दानवता का व्यवहार। स्वदेश प्रेम का अर्थ है; किसी देश को पनपते फलते देख कर, अपने देश का उत्थान करना, विकास करना योजना बनाना, सब को समान पंक्ति में खड़ा करना। अपना घर बनाने का कदापि यह अर्थ नहीं कि दूसरों के घर गिराना। अपितु "जियो और जीने दो" की घोषणा है।

आप भले ही यह समझें कि चीन और पाकिस्तान ने, देश भक्ति के नाम पर भारत को धोखा देकर कुछ भाग पर अवैध अधिकार कर रखा है, परन्तु यह देश भक्ति नहीं, यह स्वार्थता है, क्रूरता है। इसका अर्थ है, "जियो, पर दूसरों को मत जीने दो" परन्तु स्वदेश प्रेम में तो विश्व प्रेम निहित हे।

हमारे जन्म का मूल कारण है "प्रेम": अतः हम अपना प्रम प्राणीमात्र को इतना दें कि सारे देश को भर दें, जिससे देश वासी विश्व प्रेम का महत्व समझें, और स्वदेश प्रेम का भी। क्योंकि हमने इस देश का अन्न, जल, वायु सेवन करके शरीर पुष्ट किया हैं, और यहीं की संस्कृति से ज्ञान प्राप्त किया है। अतः हमारा शरीर भारत माता का है। ठीक ही है, कि जब गुरु की पत्नी, सास और जननी-जिन्हें हम माता कहते हैं—जब यह सभी मातायें कह देती हैं कि हम इसे आश्रय नहीं दे सकते। तब भारत माता के सिवा हमें कोई आश्रय नहीं देता। इसी लिये अथर्व वेद कहा है—माता भूमिः पुत्रो ऽहम् पृथिव्याः" यह पृथिव्याः" यह पृथ्वी मेरी माता और मैं इसका पुत्र हूं जब कोई आश्रय दे, उसके प्रति हमारा क्या कर्त्तव्य हो सकता है। पक्षियों ने ठीक ही कहा था—

फल खाए इस वृक्ष के, गन्दे कीने पात।
यही हमारा धर्म है, जलेंगे इसके साथ।

हम मानव से प्रेम कर सकते हैं, प्राणीमात्र से आत्मवत् व्यवहार कर सकते हैं, अपनी हानि करके भी दूसरों को लाभ पहुंचा सकते हैं, स्वयं भूखे रह कर भी दूसरों को भोजन दे सकते हैं हैं, एकता समता सुख शान्ति के लिये

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बलिदान कर सकते हैं, परन्तु जितना प्रेम "भारत माता" से कर सकते हैं, उतना किसी देश की भूमि से नहीं, यह स्वभाविक है। यथार्थ है कि अपना शरीर बहुत प्रिय होता है।
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हमने स्वाधीनता की जय घोष करने वाले, नवयुग निर्माता, दयानन्द, दादा भाई, तिलक, गोखले, महात्मा गांधी मोती लाल, लाजपत राय, श्रद्धानन्द, नेता जी भगत सिंह, रामप्रसाद विस्मिल, सरदार पटेल, श्यामाप्रसाद, मुकर्जी, एवं नेहरू जी को देखा है ! क्या इनमें स्वदेश प्रम की झलक नहीं थी ? कहना पड़ेगा, थी। अपनी भूमि और अधिकारों की रक्षा करने का कदापि यह अर्थ नही, कि हम तुम्हें मारना चाहते हैं, अपितु "जीने दो" की घोषणा है और मानवता को नहीं, स्वार्थता को चुनौती है। संसार के अन्दर जो केवल जियो, या जीने दो कहता है, वह कदापि विश्वप्रेमी नहीं हो सकता, अतः 'जियो और जीने दो' ही ठीक है।

जिस व्यक्ति में स्वदेश प्रेम की उमंग नही, विश्वप्रेम की झलक नहीं, वह ईश्वर भक्त नहीं हो सकता। यदि हम गम्भीर दृष्टि से देखें तो पता चलता है कि फलों के पेड़, फूलों की लताएं हर प्रकार के अन्न, अर्थात् संसार की समस्त वस्तुएं दूसरों की सेवा कर रही हैं, परन्तु अपने लिये कुछ नहीं, आइए ! हम भी कुछ करें, ठीक ही कहा है—

अपने लिये जीना भी क्या जीना है।
जीना है उसका जो जीता है औरों के लिये ॥

एक ही रास्ता

साकत सुतु वहु गुरझी भरिया किअ करू तानि तनीजै ॥
तंतु सुतु किछु निकसै नाही साकत संगु न कीजै ॥

भाई उलझे हुए सूत से कभी कपड़ा नहीं बुना जा सकता, इसी तरह मनमुखों की संगति और सोहवत में रह कर मनुष्य का ध्यान कभी भी भगवान की तरफ नहीं जा सकता। भगवान को पाने के लिए अच्छे मनुष्यों की संगति की आवश्यकता होती है। भगवान तो हमारे हृदय में है परन्तु हम लोग उसे पाने के लिए ईटों पत्थरों के वने मन्दिरों में ढूंढते फिरते हैं लेकिन अपने कर्मों की तरफ ध्यान नहीं देते हम कोई न कोई पाप करते रहते हैं, किसी न किसी का गला काटने की योजनाएें बनाते हैं लेकिन हम यह नहीं जानते कि

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हम सब एक ही पिता की सन्तान हैं। क्या हमारा पिता यह देख कर हमे क्षमा करेगा कि हम उसी की सन्तान को दुःख दे रहे है। कदापि नहीं। उस परमपिता को प्रसन्न करने के लिए एक ही रास्ता है कि हम सभी दुःखी भाईयों के दुःखों को दूर करने में अपना तन मन धन लगाने से कभी दूर न होवें हर दुःखी को सुख पहुँचाना हर असहाय की सहायता करना ही एक रास्ता है जिससे हमारा पिता (ईश्वर) हम पर खुश होगा किसी की निदा करना पाप है। नानक सहिब के शब्दों में :—

जीय जंत सभि तिसदे सभना का सांई ॥
मंदा किस नूँ आखिऐ जे दूजा होई ॥

सुधा चोपडा, जालन्धर।

मानव जन्म की सफलता

(लेखक :- श्री कांशी राम जी चावला, लुधियाना)

मानव की इच्छाएं ही इसके कल्याण के मार्ग पर अग्रसर होने के लिए रुकावट डालती हैं। मामूल रुकावट नहीं डालतीं अपितु एक शक्तिशाली बांध इस मार्ग में लगा देती हैं। कल्याण मार्ग का दूसरा नाम है "प्रभु प्रेम"। कल्याण का आशय है "परम आनन्द" या "मोक्ष की प्राप्ति"। परम आनन्द का स्रोत है परमेश्वर ने इसलिए वह जीव को परमेश्वर की शरण में जाने से, उसका सहारा लेने से और उस से प्रेम करने से ही प्राप्त हो सकता है। परन्तु कामनाएं मन को भौतिक पदार्थों के प्रेम में ही लगाए रखती हैं और प्रभु की ओर लगने ही नहीं देतीं। इस लिए कामनाओं अर्थात् इच्छाओं को दूर किए बिना भगवान से प्रेम नहीं हो सकता। प्रभु से सच्चा प्रेम किए बिना उस से मिलाप नहीं हो सकता। भगवान से सच्चा प्रेम हो तो वह मनुष्य के हृदय में प्रकाश रूप से प्रकट हो जाते हैं। परन्तु इस प्रकाश के उभरने के लिए मन वासना रहित होना चाहिए—इसमें भौतिक इच्छाएं न रहें।

प्रभु प्राप्ति के लिए हमें इस के ध्यान में बैठना चाहिए। परन्तु ध्यान में मन तब तक नहीं लगता जब तक इसके अन्दर वासनाओं का मैल साफ न किया जाये। कामनाओं के रहते हुए मन में अनेक प्रकार के संकल्प विकल्प उठते रहते हैं। इस लिए इन के कारण मन ध्यान में लीन नहीं होता और ध्यान में मन न लगने से प्रभु प्रेम मन में नहीं पनपता। शान्ति और आनन्द का स्रोत

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परमेश्वर है । इस से सिद्ध होता है कि जब तक हमारे मन में इच्छाओं का क्रम चलता रहता है तब तक प्रभुप्रेम उत्पन नहीं हो सकता । इस लिए इस तथ्य को समझ लेना चाहिए कि सच्ची शान्ति या वास्तविक आनन्द कामनाओं को पूरा करने में नहीं वरन इन को मिटा देने में है ।

यह तो वास्तविकता हैं कि सच्चे आनन्द की प्राप्ति कामनाओं को समाप्त किए बिना नहीं हो सकती । परन्तु इस बात से भी इनकार नहीं हो सकता कि मन को इच्छा रहित करना भी आसान काम नहीं, क्योंकि मन में इच्छा का उत्पन होना मन का स्वभाव है । वह अपना स्वभाव शीघ्र ही कैसे बदल सकता है । इस लिए मनुष्य को चाहिए कि मन का स्वभाव पूरा करने हेतु भौतिक पदार्थो की प्राप्ति की इच्छा करने की बजाय इसे भगवान की पाप्ति की इच्छा करने में लगा दिया जाये । इसका परिणाम यह होगा कि भौतिक पदार्थों की इच्छा छोड़ देने से हम कल्याण मार्ग पर चलना आरम्भ कर देंगे । और जब मन प्रभु की इच्छा करने लगेगा तो प्रभुप्रेम मन में उत्पन होने से वह अब आनन्द अनुभव करेगा । इस से इस की इच्छा करने की आदत ही चली जायेगी । जिस प्रकार कोई मनुष्य किसी स्थान पर पहुंचने के लिए उसी समय तक चलता रहता है जब तक वह अपने लक्ष्य पर नहीं पहुंच जाता । परन्तु जब वह अपने ठिकाने पर पहुंच जाता है तो चलना स्वय ही समाप्त हो जाता है । इस लिए यह समझ लेना चाहिए कि मन का जो इच्छा करने का स्वभाव है, वह है ही इसी लिए कि वह प्रभु पराप्ति या परम आनन्द की पराप्ति की इच्छा करे । जब मन इस ओर लग जाता है तो आनन्द प्राप्ति का उद्देश्य पूरा होने लगता है । जब आनन्द की प्राप्ति हो जाती है तो इस के पश्चात मन किसी और पदार्थ की इच्छा क्यों करे । वह अपने असली ठिकाने पर जा पहुंचा है । इसे आनन्द के शाहनशाही सिंघासन पर सीट मिल गई है । अब वह कामना करे तो किस बात की ? इसी लिए कहा है कि :—

चाह गई चिन्ता मिटी मनवा बेपरवाह ।
जिन को कुछ नहीं चाहिए सोई शाहनशाह ॥

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Ideas Exchange

LETTER

सर्वे भवन्तु सुखिनः, सर्वे सन्तु निरामयाः ।
सर्वे भद्राणि पश्यन्तु, मा कश्चिद् दुःख भाग भवेत ॥

O Dwellers of My Paradise !

WITH THE HANDS OF LOVING-KINDNESS I HAVE PLANTED IN THE HOLY GARDEN OF PARADISE THE YOUNG TREE OF YOUR LOVE AND FRIENDSHIP, AND HAVE WATERED IT WITH THE GOODLY SHOWERS OF MY TENDER GRACE; NOW THAT THE HOUR OF ITS FRUITING IS COME STRIVE THAT IT MAY BE PROTECTED, AND BE NOT CONSUMED WITH THE FLAME OF DESIRE AND PASSION.

—BAHAULLAH

No. 211 FORTNIGHTLY 10th JULY, 1981

SURANUSSI, G. T. ROAD, JULLUNDUR-144 027.
(INDIA)

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Still multitudes of Good Samaritans on earth

We do get despondent and despaired when we read, hear and see so much violence, crime and anarchy in the world, but there is always a silver lining to the dark clouds. Even so, millions of people all over the world are engaged in philanthropic, charitable and generous deeds, many of them working anonymously, silently. Recently, through our Mr. P.C. Sondhi, we were presented with a book entitled "Health and Happiness" by Shri Sat Pal Bhardwaj, B.A. (Hons), L.L.B. (Central Town, Jullundur City). It is a beautiful book containing massive treasure of Ethical, Spiritual and Moral values of life with hundreds of useful tips on Health and Happiness. The publishers have fixed a very nominal price of Rs. 10/- plus postage, that too just to help their Trust which is doing charitable, altruistic public service by way of free dispensary and publishing tracts, treatises and books for free distribution. We would strongly recommend to our esteemed readers to avail of this treasure of inestimable value. When we wrote a letter of thanks to Shri Bhardwaj ji, the reply came couched in the following words :-

"It shows your own magnanimity and greatness that you have praised my writings. I am a very ordinary person and write what God Almighty prompts me to write. I am always at your disposal, as our aims and objects are the same."

Thank you, Shri Bhardwaj ji, for your very kind and generous words. You have allowed us to use some of your writings also and we will certainly avail of this offer from time to time for the benefit of our readers.

—F. C. Sondhi

N.B. :- In a recent IEL issue we wrote the success story of the oblate Mr. Bhardwaj, a convert from law practice to property dealing business for the sake of a more righteous life.

—Editor

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PAINTING PICTURES

(By T L. Vaswani)

One day an artist brings a beautiful picture to Tolstoy—a picture of "The Last Supper."

A moving picture this! Jesus is about to go from this world. He is about to take up the Cross. And before leaving, the Master meets his disciples. In this picture, Jesus is represented as washing the feet of his disciples. What a lesson in humility! The disciples have been quarrelling among themselves as to who is the greatest in their midst. Jesus takes up a water basin and a towel. Jesus washes the feet of his disciples. Jesus fain would teach them the truth :- "He is the greatest who is a servant."

You all are painters. What pictures are you painting? What pictures did you paint during the day?

If a brother was angry with you, did you give him anger in return? Did you meet unkindness with unkindness, or with goodwill and patience?

What pictures have you been painting? Pictures of hate and anger? Of greed and gold? Or have you been painting pictures of your Master?

What have been your action pictures? And what have been your thought pictures? Your thought forms?

Within you is the Master! What pictures of the Master have you been painting? If you loved deeply, you would paint better. Keep this aspiration within you :-

"May we paint the picture of our Master and grow in the spirit of Love!"

Some have been painting pictures of money and pleasure, forgetting the noble ideals of service and sacrifice.

O paint some pictures of the Master! Paint them in these two colours,—purity and love.

In your waking hours and in your subconscious self, paint the Master's pictures. Paint them in purity and love. And you will be blessed.

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(Yes, if saved from slipping into narrow, biased grooves)

CAN RELIGION BRING PEACE ?

(By Dharamananda NAYAKA)—Second Instalment

Religious Harmony : The approach taken by various religionists to introduce their respective teachings to others is an important consideration from the standpoint of religious harmony. Aggressive methods and ruthless means of conversions through force, exploitation of fear, ignorance and emotions or through material inducements lead to religious misunderstanding and disharmony.

True religious harmony can only thrive in an atmosphere of tolerance and understanding.

The classic and outstanding example of Emperor Ashoka of India (264-227 B.C.) clearly illustrate the spirit of Buddhism.

At the height of his material glory, after the conquest of a vast extent of Asia, he completely renounced the sword of violence after his acceptance of Buddhism.

Through his efforts, Buddhist missionaries have been sent to various parts of his vast empire which stretched as far as Antioch (Greece) on the Western flanks of Asia, as well as abroad including Sri Lanka and the then known world of *suvannabhumi* (which is often taken as the countries around South East Asia).

In living up to his religious convictions, he had not forgotten to advise those missionaries not to condemn or run down any other religion while they preached their own.

With all the inspiration from Ashoka at our disposal, an attempt should be made to grow out of the darkness which is enveloping the world today.

Religion and Materialism

Much of the dark clouds—of turmoil and global problems—can be traced to the decline of religion and the rise of materialism.

The history of mankind shows how very often nations have declined and civilisations been ruined with the deterioration of religion. The historian, Edward Gibbons in *The History of the Rise and Fall*

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of the Roman Empire and suggested how the breakdown of religion into myriads of forms has been one of the causes contributing toward the decline and fall of the Roman Empire. As it was for Rome, so could it be for our modern civilizations.

Realizing the impending dangers, it would be sensible to work in cooperation to check and avoid the causes which could give rise to the decline and breakdown of religion.

While religious disharmony through unhealthy competition for converts, fanaticism and "holy wars" continue to mar the prospects of peace through religion, dogmas and superstitious beliefs destroy the validity of religion in the light of ever-increasing knowledge and scientific investigations.

The mad pursuits of worldly pleasures, power and possessions have led to all forms of moral degeneration, discrimination and prejudices, even to the extent of justifying mass destruction of mankind.

Man's inordinate craving for excessive sensual indulgence has created a sick and aimless society leading to immoral, unethical and evil practices which are a disgrace to human feelings and dignity.

The craze for worldly power has led nations into armaments race, and the invention of lethal weapons that could destroy the world in a matter of seconds have been carried out at the expense of universal hunger or poverty. Warfare has been regarded as an inevitable modern trend and a way of life, at the expense of millions of precious lives.

Constructive researches and projected schemes to elevate mankind have either been treated as of secondary importance or totally scrapped in place of short-term material gains.

Wisdom handed down by enlightened spiritual masters has fallen onto deaf ears. Their advice to live peacefully and to maintain a moral code of conduct that is applicable universally, has been ignored.

(Courtesy ; Dharma World—Tokyo)

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HOW TO PRACTICE LOVE

Kindle the light of love in your heart. Love all. Include all creatures in the warm embrace of your love. Cultivate Visva Prem or all-embracing, all-inclusive cosmic love. Love is a mysterious divine glue that unites the hearts of all. It is a divine magical healing balm of very high potency. Charge every action with pure love. Kill cunningness, greed, crookedness and selfishness. Immortality can be attained only by performing acts of kindness continuously.

Hatred, anger and jealousy are removed by continuous service with loving heart. You will get more strength, more joy, more satisfaction by doing kind acts. Practice of compassion, charitable acts, kind services, purify and soften the heart, turn the heart-lotus upwards and prepare the aspirant for the reception of divine light.

(Culled from The Essence of Yoga.
Courtesy : H.R. Suri, Jullundur.)

Ways To Expand Love

Live in love, Breathe in Love, Sing in love, Eat in love, Drink in love, Walk in love, Talk in love, Pray in love, Meditate in love, Think in love, Move in love, Write in love, Die in love, Taste in love the Honey of Divine Love and become THE EMBODIMENT of love. —Prema Murti

Blessings From Him

May the fire of Devotion grow brighter in you all. May your heart be filled with devotion. May you all live drowned in ocean of love in an illumined state. May the Blessings of Bagavatas be upon you all. Peace with you all. —Hans Raj Suri, Jullundur

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FUN FARE

- Warden to convict in the electric chair :
  "Do you have a last request ?"
  Convict : Yes, hold my hand.
- What did the bee say to the flower ?
  "Hello, Honey !"
- The doctor asked the patient who had just arrived : "Flue ?"
  Patient : "No Sir, I came by bus."
- What can you break without touching ?
  Your promise.

—J. L Datta, London.

Kari, Cari, Cary, Curry

(*By Pierre Franey*)

The French language has many spellings for the word curry. It is spelled kari, cari, carry, carri and cary. On some French menus it is also written as curry.

I always presumed that the word originated with the British, when India was a part of the British empire. The Bloch and von Wartburg Etymological Dictionary of the French Language, however, points out that the word cari entered into the French language in 1602 and derives from kari, which is found in the Hindi language.

According to this work, it was the English who "borrowed" from the French and called the dish curry.

(Courtesy : WEEKENDER, HONGKONG.)

A Reader Writes *Altruism*

एक चतुष्पदी

यूं आदमी अपने लिए ही, 'जी रहा हर पल,
प्रश्न हैं, चिन्ता अनेकों, और बहुत से हल ।
किन्तु खुद जल कर सदा जो, दूसरों को रोशनी दे,
एक दीपक की तरह तू जल सके तो जल ।।

एन० आर० गोयल 'आज़ाद', ज्वालापुर ।

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Latest Research Favours Garlic & Onions

(By our London correspondent)

I am sending herewith a cutting with excerpts from an informative article as it appeared in the Sunday Times Magazine :

The small and smelly garlic may be the scruffiest member of the lily family, yet it has been valued worldwide for thousands of years not only as a food, but as a remedy for many serious diseases Now modern scientific tests have established that it has a potent activity and, as far as it is known, is entirely beneficial.

Garlic (Allium sativum) and its relative the onion (Allium cepa) affect the blood in a way that may reduce the chances of a heart attack. The risk of a heart attack is increased when fats and cholesterol in the blood are deposited along the walls of the arteries forming a sludgy deposit called atheroma. In time this may completely block the artery, or a small blood clot may get trapped in the narrowed blood vessel and so block it. If this happens in the blood vessels of the heart, the oxygen supply to part of the heart is cut off and a heart attack occurs.

Experiments in Libya and India have shown that eating garlic or onion reduces the level of fats and cholesterol in the blood after a meal, so that less atheroma builds up. And research at the George Washington University in America revealed that garlic and onion affect the ability of substances in the blood to stick together and form clots, again reducing the risk of a blockage.

Garlic may also help to prevent strokes—brain damage caused by loss of blood supply to the brain. Garlic has the double effect of lowering the blood pressure as well as reducing clotting—two established risk factors for a stroke. (High blood pressure may cause a weak blood vessel in the brain to burst, a blood clot may block off the oxygen supply to the brain.) Garlic can also be recommended for hypertension (high blood pressure) which can cause unpleasant headaches. The drugs used to treat hypertension often have unwanted side-effects and if the use of garlic enables

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any reduction in dosage to be achieved, this can only be beneficial.

One American research team has tried to remove the smell from garlic, but they found that this also removed the plant's effectiveness. They point out that garlic is less powerful as an anti-clotting agent than aspirin. Its value is that it has been used as a food for centuries, often eaten daily, with no apparent side-effects, and it has been placed on the GRAS (Generally Recognised As Safe) list of food flavouring agents by the U.S. Food and Drugs Administration. It is this that makes garlic and onion attractive as a preventive measure that can be adopted by those who feel they are at risk of a heart attack.

Garlic and onion have other uses too. If they are taken as part of a meal they reduce the rise in blood sugar that usually follows an intake of food, apparently by stimulating the production of insulin. This might be particularly useful for diabetics who have to control their condition by diet. But it may also help the rest of us since a sudden increase in blood sugar is often followed by a rapid decrease, leaving you feeling hungry again. Eating garlic or onion may regulate the blood sugar so that you don't feel hungry so quickly. Onions also stimulate the contraction of involuntary muscles such as the urinary bladder and the gall bladder which would help the digestion of fatty food.

Other recent research has shown that garlic and onion cause the uterus to contract, which probably accounts for its use in folk medicine as a treatment for amenorrhoea (lack of periods), to regulate and promote menstruation, to aid the expulsion of the afterbirth, as a birth stimulant and an aphrodisiac. There is no such thing as a reliable aphrodisiac and there are more reliable ways now of stimulating childbirth or expulsion of the afterbirth. However, garlic may be helpful for difficult periods.

Onion extracts have a reputation as a means of bringing on abortions but the experimental evidence does not support this. Garlic fed to pregnant animals did not cause abortion and it would appear safe in normal pregnancy. There is some evidence that onion acts as a contraceptive in rabbits, but we don't recommend you to rely on it.

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For thousands of years garlic has also had a reputation as a protection against infection, especially the plague. Recent research confirms that it does indeed contain substances that can halt the growth of a number of bacteria and fungi, and can reduce inflammation. Chinese doctors claim that garlic applied externally to wounds promotes healing and also claim to have used it to promote the healing of perforated eardrums

New uses are also being found for onions. Recent research shows that they have an antihistamine effect and suppress some kinds of allergy. Indian doctors say that a third of an ounce of raw onion eaten once a day is effective as a treatment for asthma—presumably because of this antihistamine effect.

You can take a prophylactic dose of a clove of garlic chewed and swallowed first thing in the morning, with water handy to take away any burning sensation, or crush it with a spoonful of honey to make it more palatable. Garlic oil capsules are sold at health stores : four capsules are roughly equivalent to one clove. To grow your own, peel off the outer ring of cloves from a well-rounded bulb and plant them six inches apart. You can harvest them a year later, but they will be more pungent if left longer. Unearth in the autumn ; store in a cool dry place for up to six months.

EDUCATION :

Never too old to learn

(By Sally Watts : Daily Telegraph, London)

To resume studying after a gap of over 20 years is a daunting prospect for mature students. But for some 25 such students at the Middlesex Polytechnic, in London—all but one embarking on a three-year course in Humanities—the experience has been eased by a pioneer scheme to introduce older men and women to degree work.

The scheme was a part-time pre-degree course in Humanities, held for six weeks last term, for people who missed the chance of higher education.

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It succeeded admirably. One typical remark I heard came from a woman of about 40, who told me that after her first day she had been awake until four in the morning, her mind racing with new ideas for the first time in years.

Her fellow students including a nurse, beautician, a night porter at a hospital, housewives, a potter, secretaries and unemployed people.

Getting a degree, Mrs Helen Cohen, the potter, told me, would allow her to be employed as a teacher of ceramics ; meanwhile she enjoys study for itself.

Most of those beginning the full course are between 35 and 45 years which often mark a change of direction.

One ex-secretary who left school at 16 is Mrs. Patricia Collis, who is starting to work for her degree at the same time as her 18-year-old son begins his medical studies. She may use her qualification as a passport either to a better job teaching commercial studies, or to go on to university. "I think you get a lot of fulfilment through academic work," she said

Another secretary, Mrs. Agnes Stiller, has chosen to read Modern English Studies, then hopes to go on to study French at Montpellier, with the aim of teaching English in France. The mother of a 14-year-old daughter, she believes that women should create interests or a career for themselves in preparation for the time when their children are leading independent lives.

"There is great emphasis on class participation and written work is encouraged though not compulsory. With the tutors' help, students can judge for themselves whether they could cope with the full course."

Mrs. Rosenak, who had the idea and planned most of the short course, sets great importance on a relaxed, friendly atmosphere in which students are stimulated as well as prepared and taught.

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Happy Married Life—II

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(A few tips)

(Continued from previous issue)

Dilating upon the theme illustrated by Brother ANANDAMOY in Self-Realisation Magazine, might we add a few more ideas as culled from other sources :—

- Brother ANANDAMOY correctly writes that sex charm, intellectuality, beauty, money, cultural and personal magnetism are not sufficient to keep two persons together in happy marriage. The overriding essential foundation for a happy marriage is Soul Unity.
- Love and affection have to be genuine and have to radiate from the core of your heart.
- Let us call it "Divine Love", Oneness of soul, and merging of two hearts into one Consciousness.
- When complete unification is attained, you will not utter a word which will offend or upset the other partner.
- If one partner gets upset at any time, let the other partner have forbearance, patience and silence.
- Tolerance is a great virtue. Just listen and do not enter into heated arguments. With indulgence on the part of one partner, the other will calm down.
- Smile and cheerfulness will be your Motto. Spread fragrance of smile in all directions.
- Cultivate the habit of smile and wear this ornament on your countenance all the time. This will add to your attraction.
- Observe silence for a few minutes every morning. Combine it with Meditation and Relaxation.
- Do not criticise your spouse in the presence of other persons. Contradictions and Controversies at that time will lead to Querrels at home.
- Try and sink your differences by mutual understanding and sympathy at home. Do not talk about your personal problems to outside friends.

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- Instead of blaming the other party, first try and reform yourself. Set an example of Calmness, and Composure.

- Wife will make sure that she sends her husband to work with a happy frame of mind and will greet him smilingly on his return.

- She will take interest in husband's profession or work, and not unload her own problems immediately upon his return home.

- The husband will make sure that the wife's work at home is equally important. He will compliment, commend and appreciate genuinely the routine being done at home by the wife, including bringing up the children.

- Remember that most of the successful people owe their achievements to happiness at home. Try and establish the Kingdom of Peace and Harmony at home by mutual respect, love, understanding, flexibility, accommodation, adjustment and acceptance.

- It is very important for the wife at home that she should look upon daily Chores as a great service and of utmost importance. It is a great offering and an act of altruism.

- Work is worship. All kind of work both at home and at office or factory is of sacred nature. Do not consider it as boredom. Enjoy it and think of the Supreme Lord. Listen to the words of the poet :-

  न हो यह जान की फांसी, न वह गर्दन का फन्दा हो ।
  इधर हो राम से प्रीति, उधर दुनिया का धन्दा हो ।।

- Listen attentively and patiently to one another in conversation.

- Cultivate interest in social, cultural and spiritual fields. Try and participate in such functions and events and render selfless service as much as you can.

- Have a little get-together at home with children. Read and recite together, especially fundamental and basic principles of discipline and character. Also verses in praise of and gratitude to the All-Merciful Providence.

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- Loyalty, Fidelity and Faithfulness are an essential part of a happy marriage. Speak to one another in sweet and honeyed words.
- Be truthful, sincere, honest and straightforward. This will also reflect favourably upon the children.
- Above all, differences are bound to arise, keep on adjusting yourself ; instead of blaming the other partner, study yourself and rectify your own shortcomings. No harm in blaming yourself and trying to find out "Have I given cause for offence ?" In most cases you will be surprised to discover that at one stage or the other, it was "ME" who has been responsible.

COMMERCIAL :

Bright Ideas Pay

Under the above heading, we saw the following piece of news in an English daily :-

"The Perkins Diesel Engine Co., at Peterborough has paid nearly £30,000 for bright ideas in the past year. The money, in the form of tax-free bonuses, went to workers taking part in the company's suggestions scheme, one of the most successful in the country."

● ● ●

We agree that it is an excellent idea to put up a Suggestion Box in the office and factory, so that the staff and workers can give ideas and suggestions. The persons with productive and motivating ideas should be rewarded. They can make suggestions roughly on the following lines :-

- How to eliminate waste.
- How to avoid absenteeism.
- How to improve management/workers/staff relations.
- How to increase production.
- How to improve presentation.
- How to improve quality.
- How to increase sales.

There are/can be hundred and one other ideas ? —Editor

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Tourists to take note of
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The Smallest Country in the World

The old saw that "You have to see it to believe it" really holds true for SMOM, the smallest country in the world.

Where in the world would you find a country like SMOM, which is over 930 years old, which has a population of 80, which has an Air Force of 50 planes and which boasts as its biggest tourist attraction a keyhole? (More later about the keyhole). The answer is : downtown Rome, about a three-minute stroll from the Spanish Steps, along the Via Condotti.

Tourists rarely hear about SMOM, otherwise some of them would not miss a chance to get their passports stamped by the miniest mini-state of them all. SMOM issues its own passports and auto licence plates, mints its own money in the form of gold and silver coins and prints postage stamps in the denominations of *grano* and *tari*.

A tourist crossing the border on to SMOM's extraterritorial soil is confronted with a medieval courtyard full of automobiles, many with the SMOM licence plates, red letters on white. At the far end is a gargoyle dribbling water into a pool of goldfish, above which is a red-and-white Maltese cross Embracing the yard is a four-storey palace which houses the private apartments of SMOM big shots, legations and a hospital.

During a visit, a specially arranged private tour of the whole country that took less than an hour, we passed members of the SMOM militia, stiff-looking guards garbed in long-tails tuxedoes who snapped to histrionic attention. Through passageways that were lined with maps, paintings, model ships and ancient tapestries, we walked into a greenbedecked conference chamber, a gold-hued hall of state for visiting ambassadors and an impressive gold-and-red dining salon where Prince Ranier and Princess Grace attended a state dinner.

Founded in the year 1048 before the First Crusade, SMOM (which is the official abbreviation for "Sovrano Internazionale Militare Ordine di Malta") has managed to hold onto its sovereignty, even though some contemporary countries like Slavonia, Catalonia and Lower Lorraine have long since passed on. At various times during its see-saw history, SMOM has been

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located on the islands of Rhodes, Malta, Cyprus and Sicily. Transferring to Rome in 1834, it settled at Number 68 via Condotti, not far from American Express.

The history of SMOM is rife with some of the bloodiest battles ever. When the tiny state was located on the Island of Rhodes, it was conquered during the 16th century by Sultan Suleiman the Magnificent of the Ottoman Empire. SMOM hied off to the Island of Malta, and in 1565, Suleiman announced he would reconquer it. He laid siege with an army of 30,000 Turks, but the SMOM-ians, who numbered only 9,000 strong and were supported by 8,500 soldiers from Spain, successfully beat the invaders back after four months.

Recognised by 39 countries, SMOM is engaged primarily in running hospitals, clinics and nursing schools.

(Courtesy : WEEKENDER, HONG KONG)

Youth Section :

SOMETHING FOR STUDENTS

- Start studying right from the beginning of the academic session. This will lessen your burden and strain during examination days.
- Try to study extensively. Selective study may help you in securing a few more marks in examinations but in the spheres of higher studies and employment market it may become an obstacle in your way to success.
- Beside your text books, try to acquire knowledge by reading informative magazines, religious books, books of history of different countries of the world.
- Study should be accompanied by interludes of regular play which is necessary both for freshness and for preserving what you have read. —Kanwal Kishore Gambhir, New Delhi.

The views expressed in the articles by the various authors are not necessarily those of the editor. —Editor

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To Our Patrons Abroad

We feel sure, out of your generosity, you might like to help someone in distress, underprivileged, handicapped or a child or youngster who cannot continue his studies for lack of funds. At the same time you must be wondering as to what methods you can adopt and whether your contribution will be rightfully utilised.

We have established a Trust at Jullundur for this purpose and our people scrutinise very carefully and select the most deserving families or students for help. You are therefore welcome to contact us with a view to sponsoring a noble project of this nature. All that you have to do is to make out a cheque for £50 in the name of F.C. Sondhi Charitable Trust and forward the same to Suranussi, G.T. Road, Jullundur-27 (India). This amount will be sufficient for one year to sponsor one student or a family. For further particulars you may please contact our Mr. F.C. Sondhi, 5-Graham Road, London NW-4, Telephone 01-202-6731. Our charitable-hearted friends in India can also pursue this project by donating equivalent amount in Rupees.

—Editor.

To Parents with Young Children

Children are the richest treasure of a community, society, or nation. Invest in the child.

—Dada J.P. Vaswani.

The above are wonderful words coming from a saint. Let us therefore live a life of Dharma (Righteousness, Truth and Love), so that these virtues will percolate among our children. Exemplary life on our part and communication with our children will forge relationships of understanding and mutual respect.

You can also encourage them to write short essays, stories or articles on any subjects they would like. We will be pleased to publish them in IDEAS EXCHANGE. We are most anxious to see that they develop their talent at a tender young age. So please let us have from your children and youngsters a few lines (say 100 to 300 words) from time to time, in English or Hindi. —Editor.

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"अमृत वाणी"

(By acknowledgement to professor Nirmal Chander from "Om" monthly Delhi).

अन्तरनिधि प्राप्त करने के लिए हमें केवल इतना ही करना है कि हर स्थान पर और हर समय अपने जीवन स्रोत की याद बनी रहे। याद का तार कभी न टूटे। प्रभु स्मरण द्वारा ही हम अपने आप को जान सकते हैं। इससे सब दुःख दूर हो जाते हैं। जो हर समय प्रभु स्मरण में रहता है उसके अन्दर अमृत बहता है। वह पल-पल में नया जीवन तथा खुशी प्राप्त करता है केवल ऐसा मनुष्य ही अपने पैदाइशी हक को सम्भाल कर अनमोल तथा वास्तविक धन से धनवान हो जाता है। पश्चिमी दुनिया का एक सन्त लिखता है :

"यह प्रभु-स्मरण ही है जो हमें सब स्थानों पर तथा सब प्रकार की स्थितियों में प्रभु दर्शन कराता है तथा प्रभु के साथ हमें प्रेम और प्यार के रिश्ते में बांध लेता है और हमारे अन्दर प्रभु दर्शन की अभिलाषा पैदा करता है। यदि आप हर प्रकार की बुराई और दुःख से बचना चाहते हैं तो खुशहाली और मुसीबत दोनों अवस्थाओं में प्रभु को कभी न भूलो। किसी कठिनाई या व्यस्तता का बहाना करके इस कर्त्तव्य से बचने की कोशिश न करो। आप ये बात सदा ही याद रखिये कि ईश्वर आपको अन्दर से देखता है और आप सदा ही उसकी निगाह में रहते हैं।

इसी प्रकार गुरु नानक साहब ने भी फरमाया है :

"ऐ मन मेरिया तू सदा रहो हरि नाले
हरि नाल रहो तू मन मेरे दुःख सब बिसारना
अंगीकार ओह करे तेरा कारज सब संवारना
सबना गल्ला समरथ स्वामी सो क्यों मनो बिसारे
कहे नानक मन मेरे तू सदा रहो हरि नाले"।

ऐ मन मेरे। तू सदा ही परमात्मा के साथ बास कर। ऐ मन मेरे परमात्मा के सहवास से तेरे सब दुःख दूर हो जायेंगे। वह तुम्हें अंगीकार अर्थात् मंजूर कर लेगा और तेरे सब काम संवर जाएंगे मालिक हर बात में समर्थ है।

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"अभी क्यों नहीं ?"

(लेखक—अशोक गुप्ता, जालन्धर)

"कल करे सो आज कर, आज करे सो अब,
जग में प्रलय होयगी फेर करेगा कब ।"

कहते हैं कि हमें अपने कार्य को करने में आलसी नहीं बनना चाहिए, जिस कार्य को पकड़ लें उसे पूरा ही करके छोड़ना चाहिए। फिर जब इस तरह का विचार चलता आ ही रहा है तो क्यों कुछ कार्य करते समय हम यह सोचते हैं कि अभी समय नहीं आया किसी विशेष कार्य को करने का। आप ईश्वर भजन को ही ले लो। बहुत से व्यक्ति उस समय पछताते हैं जब वह अपनी आयु पूरी-पूरी भोग चुके होते हैं और मृत्यु-शैय्या पर पड़े यह सोचते रहते हैं कि कब ईश्वर उन्हें इस बुढ़ापे से छुटकारा दिलायेगा ! वास्तव में ऐसा उन्हें, यानि ईश्वर-भजन तभी से करना शुरू कर देना चाहिए था जब से उन्होंने होश सम्भाला था, यदि ऐसा होता तो हो सकता था कि उनका बुढ़ापा कुछ अच्छा कट सकता। यही नहीं कि बूढ़े व्यक्ति ही अपनी ज़िन्दगी में ऐसा करते हैं बल्कि आजकल की युवा-पीढ़ी भी ऐसे ही विचारों को प्रोत्साहन देती है और ईश्वर नाम की चीज़ को दिखावा मात्र ही समझती है।

किसी नौजवान व्यक्ति को कहो कि चलो भाई थोड़ा बहुत समय ईश्वर-भक्ति के लिए निकाल लो, तो वह कहेगा, "अरे वाह ! क्या बात की तुमने। कहीं ईश्वर है भी इस दुनिया में। क्या तुमने उसे कभी कहीं देखा है ?" बस इसी तरह के और बहुत से प्रश्नों की वह आप पर बौछार कर देगा। यदि आप समझदार हुए तो अवश्य ही उसे ईश्वर-महिमा का कौतुक दिखाकर, जैसे पेड़-पौधे, पशु-पक्षी और प्रत्येक वह चीज़ जो ईश्वर द्वारा ही बनाई गई है, उसे आश्चर्य-चकित कर दें और शायद 15-20 प्रतिशत उसकी समझ को बदल भी दोगे, वरना इसमें ज़रा भी शक नहीं कि वह आपको तो ज़मीन देखने के लिए अवश्य ही बाध्य कर देगा।

हमारे पैदा होने के समय से लेकर मरने तक, हम कितनी दिलचस्पी से अपने शरीर की सफाई रखते हैं। प्रतिदिन नहाते हैं, साफ-सुथरे कपड़े पहनते हैं, जहाँ हम रहते हैं उस जगह की सफाई रखते हैं। कहने का मतलब हर क्षेत्र में हम सफाई-पसन्द होते हैं। हमारा सारा जीवन शरीर की सफाई में ही बीत जाता है। पर क्या कभी हमने अपनी आत्मा की सफाई की ? उत्तर में बहुत कम लोगों के सिर हिलेंगे और "हाँ" शब्द कहेंगे, वरना सभी ऐसे होंगे जो शरीर की ही सफाई रखते हैं और आत्मा वैसी ही मलीन रहती

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है। यहां आत्मा की सफाई से मेरा तात्पर्य है ईश्वर की प्रार्थना करना। आत्मा और शरीर दो अलग-अलग जीज़ें हैं। इन दोनों का गठजोड़ हमारे लिए बहुत ही ज़रूरी है तभी हम जीवित रह सकते हैं। यदि आत्मा हमारे शरीर से निकल जाए तो शरीर मिट्टी हो जाता है और हम एक पत्थर के समान निर्जीव हो जाते हैं।

आत्मा की शुद्धता तभी आ सकती है जब हम अपने आप में ईश्वर-भजन करने की बचपन से ही आदत डालेंगे। नौजवान व्यक्ति हमेशा यही कहते हैं, अभी ईश्वर-भक्ति का समय नहीं आया। ईश्वर-भक्ति तब करेंगे जब बढ़े हो जायेंगे। अब अगर ऐसे ही विचार रहे तो कैसे आत्मा-परमात्मा का साक्षात होगा, कैसे हमारा उद्धार होगा, कैसे हम प्रगति कर पायेंगे। चाहिए तो यह कि हमें होश संभालते ही थोड़ा-बहुत समय पाठ-पूजा के लिए निकालना चाहिए, उसी तरह से जिस तरह से हम अन्य कामों के लिए निकालते हैं। शारीरिक शुद्धता के साथ-साथ, आत्मा की मलीनता को दूर करके उसे पवित्र बनाना चाहिए। ईश्वर द्वारा निर्मित प्रत्येक वस्तु हमारे लिए खुशी लाती है, हमें अच्छा रास्ता दिखाती है। पर ये एक हम ही हैं कि ईश्वर की बनाई वस्तुओं में दिलचस्पी न लेकर बनावटी संसार के पीछे भागते हैं और वास्तविकता से पिछड़ जाते हैं। (क्रमश:)

सेवा ही परम धर्म और सच्ची भक्ति है

जहां कहीं और जब भी आप देखें कि कोई मानव, पशु या पक्षी किसी तकलीफ में फंसा है तो आगे बढ़िए और स्वयं तकलीफ उठाकर उसकी तकलीफ दूर करने का प्रयास कीजिए। तन, मन और धन से यथाशक्ति उसकी सेवा कीजिए और याद रखिए कि जन-सेवा ही वास्तविक पूजा और भक्ति है।

है भला इसमें तेरा कि हर में हरि पहिचान ले।
प्रेम से सेवा किसी की "वीर" भक्ति मान ले।

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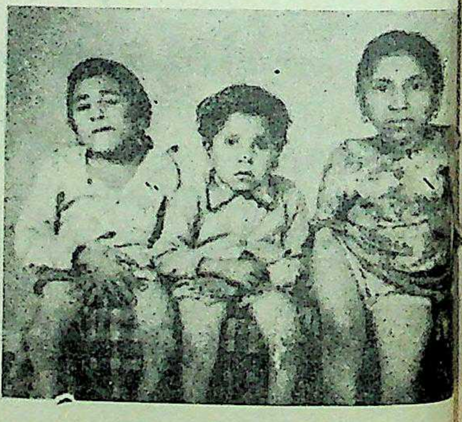
दुःखों का एक कारण

दुःख या सुख दुनिया के पदार्थों में नहीं है. वरन् उनके साथ हमारे मोह, लगाव और सम्बन्ध में है। इससे उदासीनता में सुख है। इसलिए यदि हमें अपने जीवन को सुखमय बनाना है तो हमें अपने मोह को दूर करना होगा। यदि हम इस नियम को याद कर लें कि जो भी छोटी-बड़ी वस्तु इस ब्रह्माण्ड की है वह सब परमेश्वर की है और इन सब वस्तुओं का ठीक और सही प्रयोग करें तो हम दुःख से मुक्ति पायेंगे। बस, यही उपचार और यही नियम है जिसका अभ्यास और प्रयोग करके जीवन को सुखी बनाया जा सकता है। संक्षेप में दुःख "मैं" और "मेरी" में है। इसी का नाम माया कहा गया है। "मैं" और "मेरी" से बाहर रह कर दुनियां के सब कारोबार चलाने और अपने कर्त्तव्य का पालन करने से दुःख निकट नहीं आता। यदि दुःख दूर रहेगा तो जीवन स्वयं ही सुखी हो जाएगा।

अब आप समझ गए होंगे कि दुःख का आधार या इसका बीज हैं "मोह और ममता" तथा "मैं और मेरी"। यदि आप इनको समाप्त कर दें तो दुःख के उत्पन्न होने की सम्भावना ही न रहेगी। वास्तव में इनको समाप्त करना है तो अति कठिन, परन्तु असम्भव नहीं। इन को समाप्त किये बिना न तो दुःख दूर हो सकता है और न ही जीवन सुखी बन सकता है। इसलिए यदि सुखी बनना है तो इनको समाप्त करो।

—कांशी राम चावला, लुधियाना

Mr. Om Parkash is given Scholarship for his handicapped children shown in the photograph.



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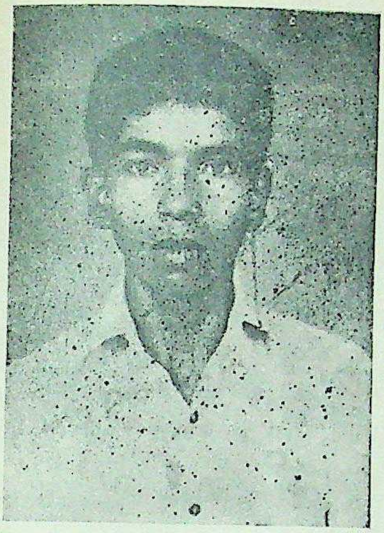

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Ideas Exchange

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सर्वे भद्राणि पश्यन्तु, मा कश्चिद् दुःख भाग् भवेत् ॥

AN INSPIRING PRECEPT

- Let us spend sometime, at least half an hour every day, in silence. This day we shall be blessed with interior illumination and we shall have a vision of One Life flowing into all.
- Everyday let us give the service of love to some in need. The day on which we have not served a brother here, a sister there, to lift the load on the rough road of life, is a lost day, indeed.

—Dada J.P. Vaswani

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Editorial :

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Make Your Life a Song Of Harmony

From time immemorial, there have been wars, violence, conflicts and contradictions and let us therefore not get despaired. If we are convinced that we cannot change the circumstances, but we can change our attitude to the circumstances, let us then try and live in peace and Harmony by our own practical application to the problem :—

- Fill yourself with thoughts of Harmony and Peace.
- You have to empty yourself of all thoughts of disharmony; hatred, enmity, Anger and Ego.
- Then enter into silence and meditation. Repeat mentally the Name of your Lord, the fountain-head of all bliss and benediction.
- Crave for drops of Harmony, Love and Peace, which will cool down all conflicts and contradictions. Fill your Mind and Body with multitudes of such nectarous thoughts.
- Once your own being is filled to the brim, no other contradictory thought will enter. You will be an idol of Peace and Harmony.
- You will radiate in turn thoughts of Harmony in all directions. You will fill the ether with vibrations of Peace and Love.
- You will live in the world and yet not be stained by surrounding conflicts.
- You will like every body. Your love will flow to friends and foes.
- You will listen to criticism and unkind remarks and not get upset.
- You will listen to bitter words of your opponents. You will respect them and remain cool and calm.
- Your mind will always remain clean. You will not let the dust of hostility and spitefulness stain the mirror of your pure heart.
- In your home and at work, you will remain at Peace. You will remain unperturbed among noise and turmoil.

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- You will concentrate on your work with devotion and love.
- You will consider yourself an instrument in the hands of Supreme Providence doing your own duty and dedicating the result in His Just Hands.
- Let the world curse you, but you will always sing :

  यह ठान ली है दिल में, जब तक वह बद-दुआ देंगे ।
  उठ रहेंगे मेरे हाथ उनको दुआ को ।।

I have taken a vow that come what may and even if people curse me, abuse me, slander me, I will always extend my hands of friendship, love and forgiveness. On the contrary I will beseech benedictions and blessings to be bestowed upon them.

—F.C. SONDHI

Ethical :

LET US EXAMINE OURSELVES !

Are you easily offended ? Are you suspicious ? Are you upset when others speak ill of you ? Have you a secret desire to be popular ? Are you dictatorial in your talk and conduct ? Are you irritable, artificial, ostentatious, complicated in your life ? Are you unkind to the poor ? Are you overbearing to those who are socially your inferiors ?

The cause is lack of humility. The humble are simple, straightforward, gentle, kind reverent. "Except ye be as little children," said Jesus, "ye cannot enter the Kingdom of Heaven."

When we forget this, we have quarrels and controversies in the name of religion. They spring, often, from pride. Is truth your monopoly, my brother, and denied to those who do not have your religious hall-mark ? Is not truth infinite ? Can it be the monopoly of any one sect or society ? Is not God the Lord of all or is He the King alone of one community ?

Life, not lip-belief, is the real test of my religion. O, let us live religion, not talk it ! Let us grow in humility and we shall end the sorry spectacle of religious quarrels in this country. Many paths lead to the mountain-top. Many roads take us to the temple. Pilgrims are we all, though the paths be many. And though we wear different labels, we would know,—if there were humility in our hearts,—that our King and Leader still is one.

—Dada T.L. Vaswani

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THE GREAT SALE

(By J. L. Datta, London)

If the French Educationist who acquired his reading and writing ability only by reading the sign-boards and by copying them, was born in England in this century, the word he would have assimilated most would have been "SALE". Of course, all the possible adjectives that could decorate this word, would have been on the tip of his tongue.

Millions of pounds are spent by the traders on the advertisement and the posters of the sale. The newspapers are full of such advertisements throughout the year, because the season starts with Pre-Christmas Sale, then January Sale, Easter-Sale, Summer Sale, Autumn Sale, leading to the Pre-Christmas again. Apart from it there is Accounts-taking Sale, Clearing Sale, White Sale, Jumbo Sale, Real Sale, Clearing Sale and the Closing Down Sale.

Gurnam Singh was advised by his trader friend to put a big board of Closing Down Sale, and it really boosted his business whereupon he was on the verge of bankruptcy. But Gurnam Singh, never removed that board, neither he closed down his shop. One day, I asked him why he did not remove the board. Promptly he replied that it was really an EK-UN-KAR for him.

On 3rd of January, I went to the corner-shop to get a bread. To my surprise the people of all communities were hurrying towards the High Street, as if they were thronging to the Ram Lila Grounds in Delhi to attend the Dussehra Festival. On enquiring I found out that the sale, at 'C and A', would start at 9 a.m. After having my breakfast I also went to see the fair. The queue was more than a mile long yet the people were queuing up.

Most of the time the sale is a real bargain. Some people, this winter, slept on the pavement, even in sleet, snow and rain, continuously for four days and five nights, and the reward was that one of them bought a real leather jacket worth £ 750 just for 75 pounds. Another, a stereo for £ 25 and saved at least £ 300 on that. This happens every year before the January Sale.

Last year, I saw a beautiful suit, my size, in the window, put up for sale for only £ 22. But there were still three days

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for the sale to start. A night before I could hardly sleep with an anxiety to queue up early in the morning. Enthusiastically I drove up to the shop as early as 5 O'clock in the morning in order to be in the front of the queue. But, to my dismay, when I reached there, the window was smashed and the suit had disappeared. The smash and grab gang had already helped themselves with it.

The Sale is also a boom for the pick-pockets and the shop-lifters. It is tragic for many customers to stand in queues for hours and hours and find their pockets picked only when they are about to make the payment. A lady spent a whole day in buying the bargains, but when she reached home in the evening she found that she had been burgled. Her house lay all naked.

Shopping is a great thing in London. No where in the world there are stores like 'Selfridges' 'Harrods', 'John Lewis', 'Army and Navy', where you can buy right from a 'needle' to an 'island'. The whole Connaught Place of Delhi is a smaller place than even one of the above stores. Every thing in these stores is spick and span. You can hardly see a part of the store in one day and still you'll feel that you are roaming in an exhibition. The display is so marvellous that even the attraction of a sweet-meat shop, in India, on a Diwali Day, would mean nothing. Yet every customer goes satisfied.

There are many chains of stores like 'Woolworth', 'Tesco', 'C and A' 'Boots', 'Co-op.' etc. and one thing or the other is always on sale in these stores.

And money is no problem in this country. You can just take your credit-card with you and buy anything anywhere for as much amount as you wish. You pay your bank after 45 days and no interest is charged. Isn't it great to go shopping in England? The January sales have hardly been over when many stores have put up boards for Spring Sale.

x x x

When the grace is lost from life,
Come with a burst of songs !

—Rabindranath Tagore

In the Divine Account Books only our actions are noted, not what we have read or spoken.

—Mahatma Gandhi

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The Fundamentals of Life—II

(The first instalment of six couplets have already been published in the IEL issue No. 214, of the 25th August, 1981. This is the second instalment).

VII. Let us be ready, and up and doing,
Begin with knowledge, that is worth knowing,
Learning all the good that comes our way,
From sages and scholars of the past and today.

VIII. Once that is over and done,
Our life's course to be well run,
Learn we must some work or art,
Or else in life, failure shall be our part.

IX. Educated well and trained in vocation,
Fitted we are for some noble station :
But, training or learning of any sort,
To be wholesome, needs discipline of the heart.

X. Vocation, discipline and education,
Though highly essential for every station,
However, find their first indication,
In speech sweet, free from all irritation.

XI. Eligible now for life's social order,
With parents on the venerable border,
Freely we must give them all what they need :
For their happiness, day and night let's heed.

XII. Family and children, come next ;
They aim to make the future best :
If social order must be promoted,
Family duties need be duly noted.

—(To be continued)

x x x x

A buddhist friend from Burma has sent me 36 couplets, for circulation, about *"The Fundamentals of Life"*, these being for the benefit of all who would read the couplets as carefully as possible.

—Krishnadayal Valecha, Ghaziabad.

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The Man who never had a Bad Day

(By Evelyn Underhill)

There was a learned man who for eight years long desired that God would show him a man who would teach him the Truth. Guided by the Divine voice, he went to the gate of a Church where he met a man ragged in tatters, and thus started the conversation between God's man and the good man, the eager disciple and the would-be teacher :

"God give you good day !"

He answered, "I have never had a bad day."

"God give you good luck !"

"I have never had a bad luck."

"May you be happy ! But why do you answer me thus ?"

"I have never been unhappy."

"Pray explain this to me, for I cannot understand it".

The poor man answered, "Willingly. You wished me good day. I never had a bad day, for if I am hungry I praise God. If it freezes, hails, snows, rains, if the weather is fair or foul, I still praise God. If I am wretched and despised, I praise God. So I never had an evil day. You wished that God would send me luck. But I never had ill-luck, for I know how to live with God, and I know what He does is best and what God gives and ordains for me, be it good or ill, I take it cheerfully from God as the best that can be, and so I never had ill-luck. You wished that God would make me happy. I was never unhappy, for my only desire is to live in God's will and I have so entirely yielded my will to God's, that what God wills I will."

"But if God should will to cast you in to hell, what will you do then ?"

"Cast me into hell ? His goodness forbids. But if He did cast me into hell, I shall have two arms to embrace Him. One arm is true humility that I should lay beneath Him and be thereby united to His holy humanity. And with the right arm of love, which is united with His holy Divinity, I should so embrace Him that He would have to go to hell with me, and I would rather be in hell and have God, than in heaven and not have God."

—Courtesy : "East and West Series"

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Thailand—A Land of Sunshine and Smiles !

We had the opportunity of visiting Thailand sometime ago. We were greatly impressed by the hospitality, courtesy, modesty and humility of the people. They are a cheerful lot with smiling and shining faces. 95% of the population are Buddhists and their Pagodas and temples abound in great numbers. At certain ceremonies and rites, they combine Vedic (Hindu) rites and customs. In some of the temples, we saw paintings of Rama and Ravana, to see which we were greatly fascinated. Within the compound and complex of big temples, which have large funds, they have started schools and colleges. Incidentally, we also visited Rama Krishna Centre. The Hindu population from India have their temple and a Centre.

Some of our Saints and Scholars could diversify their foreign tours of the Western Countries and pay more frequent visits to Thailand and other far-eastern Countries, so that the bonds of the two great religions (Hinduism and Buddhism) strengthen. This will also help in sowing the seeds of Peace, Tranquillity, and Non-violence. Only the practice of teachings of these Great Religions can bring about conditions conductive to global stability and equipoise.

We were also delighted with their 'floating markets' on boats in the canal. An early morning trip on sight seeing along the canal is very enjoyable. You will also be shown Emerald Buddha, the temples and the big colourful boat for the use of the king of that land.

—F.C. Sondhi

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Reader Write :

MISS PRITI JAIN writes from Gurgaon :—

I was a regular reader of your magazine IDEAS EXCHANGE. This magazine of yours was very helpful in every respect of life, especially it boosted spiritual and moral character of human being.

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Vedic Science of Government—I

Digitized by Arya Samaj Foundation Chennai and eGangotri

(By R.D. Sharma, Gopal Niwas, Santacruz (E), Bombay-55.)

Lord Birkenhead the then Prime Minister of England once declared that the British were ruling India because Indians did not know how to govern themselves. The challenge was accepted by the Indian National Congress who set up a commission headed by Pandit Moti Lal Nehru to form and draw up an Indian Constitution which was published as the "Nehru Report". Unfortunately, however, Pandit Nehru who had adopted a Western style of mind could not see or visualise beyond his Westernised intelligence, anything Indian hidden in India's past, and therefore he only copied some of the principles of the British system plus some provisions to suit the then existing Indian political exigencies.

To prepare an Indian Constitution indigenous to the soil it is therefore absolutely necessary to know first the Principles of the Vedic Science of Government and its governance. It may be known that our ancient Rishis displayed a deep foresight in formulating these principles for posterity.

Thus there existed 24 Preceptors from Rishi Brahma down to Vedavyas Krishna Dwaipayana right upto the Mahabharat. In addition there have been 8 Dharma Sutrakaaras—Aphormists or Maximists on the Science of Government from Haarit to Shaunak after the Mahabharat. Later another 6 Acharyas—including the famous Vishnu Datta Kautalya, presented the Science of Government in condensed forms. Thus only a person fully conversant with the teachings of the above total 38 Preceptors, can speak on a complex subject of the Science of Government.

Indian history reveals that Vaivaswat Manu was the first King to run a Government who was then not a king of the entire world. This successton brought Manu on the stage as the king of the then existing world including Egypt which he governed well.

Indian history is replete with the works of Rishis on the subject such as by Vaishampayan, Prashar , co-student of Agnivesh down to Acharya Vishnudatta Kautalya author of Kautalya Shastra. Likewise there have been kings running Governments such as Vaivaswat Manu, Prithu Vainya, down to Dharmaputra Yudhishtra of the Mahabharat fame.

(To be continued)

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Small Profit and Quick Return

If in business, you can imbibe and practise the above norm, you will find that your turn-over and sales figure go up, your stocks are turned into cash, and at the end of the day, you will land with a healthy and handsome profit.

You will have established a good name for fair dealings and competitive prices.

One thing is certain. Your name and fame will spread in all corners. You will agree that good-will and reputation are very essential for a success in business.

Prompt service and high standard must be maintained at all times. You will have the satisfaction of putting into practice the fundamental principles and code of life :—

'In all walks of life, be sincere, fair and straightforward.'

In the court-yard of the Most High and Majestic Providence, you have won a place of honour. Service-cum-satisfaction is the real worship.

—F.C. Sondhi

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Sports Section

Slazenger 100 not Out—IV

(By John Watney)

The world famous sports goods company of Slazenger celebrate their 100th anniversary. We would very much like to reproduce some more excerpts on their profile, as they appeared in the magazine entitled 'PACE'. We thought some of our readers will find them both enlightening and interesting. These are being published in instalments, starting with IEL issue No. 212 (of 25-7-81). Please read the fourth instalment.

—Editor

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"To sum up, we get feed-back from the people who really know. The input is going in from the top end of sport and it comes out at the bottom end as a benefit to the consumer who buys

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our brand of merchandise. That is why I support the philosophy of having superstars associated with the company—but they are becoming horrendously expensive."

Since the last war Slazenger have endeavoured to widen their product range, but, with one notable exception, have kept to ball sports and spurned temptations to compete in such markets as ski or sailing equipment. The exception is sportswear which they added to their range in the early sixties when, at the same time, they decided to create a motif to project the company's image ; the previous one had been the Star of David. They looked for something aggressive and virile, and came up with the idea of a jumping cat. When the final design was selected it looked like a panther, and that is what they now call it. They claim to have been the first company to have sold their emblem on a sweater, and to have pioneered the development of sports orientated leisure clothing in this country.

The idea of the public paying for goods which blatantly carry a company's advertising or brand mark is now universally accepted and passes without comment ; half the T-shirts worn are walking advertisements, so are carrier bags sold in supermarkets. Ian Peacock does not see it that way as far as the panther motif is concerned. "I would argue that in this great egalitarian world everyone can afford to dress smartly, so you cannot automatically place yourself, or position your image, in society by the clothes you wear—which it was once possible to do. So people look for other things with which to make a statement about themselves. The motor car is a very obvious example. They like to use brand names or motifs which are associated with an image of how they would like to be regarded.

"Because sport is perceived to be the best way to use leisure time and a sensible way to keep fit, a sporting image—therefore a sporting motif—is a very good thing with which to identify yourself. When they wear our panther motif they are not advertising Slazenger; they are making a statement about themselves. They see their sports superstar wearing it so they know they will not look wrong wearing it. Sportsmen by and large are not trendy ; rather they tend to be conventional and follow fashion rather than set their own. If you wear our emblem you are conforming."

He emphasises that Slazenger do not make leisure clothing.

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What they make is sportswear designed to be worn in pursuit of one or another sport, but which people choose to wear as leisure clothing. For whatever reason people wear the panther motif, it is good business; sportswear is over 25 per cent of their business and the fastest growing segment.

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Leisure time—whether forced on us by the decline of our industry, the ubiquitous chip, or negotiated by unions—is going to increase and, therefore, is bound to be a growth Industry in the years to come. This should auger well for Slazenger, but here again Ian Peacock surprises by offering an unexpected theory.

"Leisure time is going to expand and people will be encouraged to use their spare time actively, and this means sport must be a growth area in that there will be a proliferation in the number of new sports being promoted. Surf boarding, hang gliding, even skateboarding are recent examples of new sports that have sprung up.

"But we are basically a ball sport business—tennis, golf, cricket, rugger, badminton, squash—and they all involve a moving object and they are the sports which are not going to grow all that much. The reason is that there is a limited percentage of the population that is sufficiently co-ordinated to succeed in—and enjoy hitting—a moving ball. The majority of the public simply cannot play a moving ball because they have not got the natural co-ordination. Therefore the sports which will grow will be the ones where the skill threshold is lower and the enjoyment element is less linked to success in participation."

There is sound economic sense in their sticking to traditional sports. Growth may be small, but the demand will always be there and they can, therefore, plan and invest for steady and continuous production. Ian Peacock says, "Skateboarding is already 'out' and roller skating is 'in', but that will soon peak and then trough. Meanwhile roller skates are coming in from Taiwan by the boat load, and by the time we get cranked up to compete—if we wanted to—the craze would be over.

"Leisure clothing is the growth market that we'll follow. If one style of shirt goes out we can easily switch to another style and keep going without any break in production."

(Contd. on page 17)

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World Meet : Animal Liberation-IV

(By Our London Correspondent)

Beginning with the first instalment in IEL issue No. 212 (of 25-7-81), this is the fourth instalment of the findings of World Convention on the liberation of Animals, held in Bath (England) under the auspices of Vedanta Movement. They are based on the speeches, discussions, casual talks, and the literature that ourfriends sent to us for our guidance.

—Editor

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Reverence for life implies that we should have a respectful attitude towards even the meanest creature so that it can enjoy its natural environment without harassment. This has been utterly ignored by people with profit motive in the battery hen system, the deep litter system, veal calf production, the close tethering of pigs and the use of small cubicles for sows. We find that the rudimentary needs for life's existence have to be satisfied by the animals under very oppressive systems. The conditions are most distressing to animals as they are not allowed to move freely at all. The practices are under a system of production which seeks profit, and it should be nationalised so that production can be for social use without oppression. Cruelty and thoughtlessness are visible in the export of live animals, transportation of food animals and the resale of calves. There should be strict laws in every country for export and transportation of animals in a humane way. So long as people have not chosen a harmless way of living, slaughter of animals will continue, and it should take place in an environment which does not create fright or use any kind of torture, and the most suitable humane killer is used. Casualty animals should not be recklessly destroyed. Why should animals suffering from injury be destroyed as humans in a similar condition are treated for recovery ? The animals should receive suitable treatment and be allowed to die naturally. There should be hospitals for casualty animals.

(To be continued)

The views expressed in the various articles by their respective authors are not necessarily those of the editor. —Editor

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Violence Attributed to Films

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(From Our London Correspondent)

A little while ago we received the following uews-cutting and we are glad that there is a Society in America called "Moral Majority", who are propagating most vehemently against films on violence. In our columns, we have also advocated that films, television, Radio and other media can play a great role in projecting more positive and character-building news. —Editor

—o—o—

The Moral Majority, the increasingly powerful church-based group in the United States, is moving against Hollywood in an effort to cut down violence in films.

An off-shoot of the organisation, the National Coalition on Television Violence, is being used to persuade the Motion Picture Association to alter its rating system.

The coalition has already scared some leading firms to stop advertising during television programmes that depict excessive violence.

Every two months it publishes lists of companies whose products should be "avoided". Now, in a letter to Mr. Jack Valenti, president of the film association, it has called for a public meeting to "review the serious situation" in cinemas.

Two singled out

Singled out as offensive are two current box office successes, "Raiders of the Lost Ark" and "For Your Eyes Only", the new James Bond adventure.

Each film, according to the coalition, contains more than 80 acts of violence per hour. Yet they are promoted for people of all ages, including children, to see.

Dr. Thomas Radecki, coalition chairman and a psychiatrist in Southern Illinois, claimed the films were highly effective at teaching violence.

"They sell the message that violence is an acceptable and useful way to solve one's problems. By getting the audience to identify with violence and to cheer acts of murder, they train viewers to tolerate and accept violence."

He added ; "A significant portion of the growing culture of violence found in the United States and other Western democracies can be attributed to the high violence movies." OOO

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Mother's Golden Advice to her Daughter after Marriage

(By G.R. Barai, Croydon, England)

"My beloved daughter, just as you have been obedient to your father and me, I should like you to be obedient to your inlaws from now onwards. Always behave with them with courtesy and forbearance.

After marriage your husband is your Lord. Be polite with him. Loyalty and faithfulness are the best character of a wife. If your husband is agitated and does something wrong, do not be angry with him but be patient and mute at the time. When he is pacified advise him politely in such a way that he does not get offended. Do not quarrel or show anger to anyone at your inlaws, otherwise you will probably lose your husband's love.

Never be lazy in the household chores and do not consider them below your dignity. Be careful in cooking because by preparing delicious dishes you will be able to win love and affection from each one in the house.

Never tell a lie. Do not be impertinent with anybody. Do not despise the neighbours, but be friendly with them. Try to win the elders by your politeness and the young, by your affection.

Do not make your husband spend more than his earning capacity and do not drive him into debt for your glamour or for the pomp of the house just for the sake of imitating others. Run your house cautiously and economically, keeping your expenses according to the income.

Your fate is in your hand ; so never consult an astrologer or a palmist to inquire about your future or fortune.

Glass bangles or other bridal ornaments which you may fancy to buy should be brought home and worn with the help of your mother-in-law or sister-in-law but never with the help of a shopkeeper at his shop in the bazar.

Always have a vermilion mark or spot on your forehead because it is a sign of a married woman. Never wear clothes made of fine (see through) or very gaudy clothes, but always wear such clothes

(Contd. on page 20)

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Some Facts about Health & Health—Services in India

(By B.R. Goyal, Pawan Dham, Hardwar)

Son : Father ! The other day I read :

About 249 million people in the rural area & 57 million in urban area of India, i.e. more than half of the population is living below the poverty line. The per capita income in India is only Rs. 45-00. On the other hand we spend Rs. 90-00 a month on a prisoner in "C" Class. It is true ?

Father ! Again, I am told on the basis of the Health Ministry's (India) report of 1979-80 that Malaria incidence was consuming 40% of the budget out-lay on "Health".

What a poor allotment for health services for those living below poverty line ! Is it true ?

Father : I do not know son. But who can deny the statistics compiled by the Government itself ?

Son : Father ! I understand that about 50 lakh people die in the world every year due to cancer. In India alone about 2 lakh deaths take place annually due to this deadly disease. There are about 1.50 Crore patients of cancer in the world at present. About 4.25 lakh new cases are recorded in India every year.
How alarming !

Father : Yes, son.

(Contd. from page 13)

However, there is one area in which Ian Peacock sees a growing market for their traditional sports products—the Third World. "In countries like Malaysia, for example, 50 percent of the population is under 20, and governments are very anxious to give their young people something to do to keep them out of trouble. So we must be very export-orientated because in Britain itself I do not see a lot of growth in the market." (To be contiuued)

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64p Theft Led to a Fine of Pounds 100 with Pounds 230 Costs

Our London Correspondent has sent the following cutting from a newspaper :—

The wife of the managing director of Selfridges, was fined £ 100 with £ 230 costs at Epsom yesterday for stealing a 64p bottle of hand cream from her local chemist's shop.

Mrs. MARJORIE STEPHENS, 42, admitted the shop-lifting offence, from Medisave chemists, High Street, Banstead, Surrey, and did not give evidence.

Her husband, Mr. ROY STEPHENS, who was recently appointed managing director of Selfridges, was in court.

The prosecution was brought privately by the owner of the chemists, Mr. ROY TATE. Mr. JOHN SELLARS, prosecuting, told the magistrates that Mr. Tate had been watching Mrs. Stephens through a one-way mirror when she came into the shop at lunchtime on May 1.

"He saw her standing by a shelf of hand creams and after glancing round she picked up a bottle and slipped it into her pocket." Mr. Tate watched her pay for a tube of another cream, but saw that she made no attempt to pay for the hand cream.

Bottle in Pocket

He followed her out of the shop and stopped her. She produced the bottle from her pocket, but denied taking it, saying she had bought it elsewhere.

But, as he was telephoning to the police, Mrs. Stephens, mother of two, of Cunningham Road, Banstead, said she was sorry and that if he took the matter no further she would promise not to return to the shop.

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Our London correspondent writes that it is a very sad incident, more especially that the lady was materially so well off. In Super-Markets and Self-Help Stores, there is a great temptation and sometimes rich people with bags of money have been caught. Let us hum day and night that we do not fall into any of the pitfalls and temptations.

—Editor

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Celebration of Krishna Janam Ashtmi in England

Digitized by Arya Samaj Foundation Chennai and eGangotri

(By our London Correspondent)

This is one festival, which like Deepawali, as you know is observed by Hindus of all denominations and faiths, on universal basis. Throughout Great Britain, wherever the Hindus are residing, the festival was observed with great devotion and high spirits. The Hindu Centre, London, which is one of the oldest (if not the oldest) institutions actively persuing the aims and objects of Hinduism, celebrated the festival with great fervour and keen interest. The new president Mr. M. M. Kalia with his team of active colleagues comprising Mr. Puri (General Secretary) and Mr. Kumra (Joint Secretary) did a very good job. They organised a programme of Prayers, Devotional songs and many other entertaining items. The temple of Lord Krishna was visited by a large number of devotees. The programme started at 11 a.m. and continued until 11 p.m. late at night.

Our patron Mr. P.S. Banarse (one of the founder Ex-Trustees) and his wife were the hosts for the Preeti Bhojan and Prasaad.

Both the programmes of Bhajans and Bhojan were excellent. Many other Hindu organizations and Hindu temples observed the festival with great enthusiasm and among these, we will just give you a few glimpses of Hare Krishna Movement, as to how they celebrated :—

Just to refresh your memory, they have a temple near Watford, (about 20 miles from London) situated in 17 Acres of land. This large building (a part of which has been converted into a Krishna Temple) was donated by George Harrison. The setting is in a beautiful countryside, with a farm and meadow for the cows. A large Shamiana (Canopy) to accommodate about 500 people was put up on the open grounds. There was a mobile temple in a Rath (Carriage) which is used in a procession. Free Prasaad (sweets and savouries) was being distributed to hundreds of devotees who were flocking from all parts of Britain and London (in particular). There were coach loads and devotees were pouring in their own cars.

The whole atmosphere reminded us of a big Dharmik Mela (Spiritual Gathering) as they are held in India. There were stalls

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selling Gita, religious books, souvenirs, pictures of Lord Krishna and Holy Places, snacks and refreshments.

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Devotees were listening to discourses and some were squatting on the green Lawns surrounded by lovely flowers and plants, absorbed in study and some enjoying picnic with their families and children.

Now who were the Pujarees and Pandits (Spiritual guides and Priests). We know that you already know that nearly all of them are Europeans and Americans attired in our traditional Hindu style dress, with Dhotis, Yagyopavit (Sacred thread) and Tikka on forehead. Shaven heads with Bodi (cluster of hair left in the middle of head) and repeating Hare Krishna on Maala (Rosary).

SO BE PROUD OF YOUR GREAT CULTURE.

(Contd. from page 16)

that uphold your character and dignity as a married woman. Remember that reputation of character lies in virtuous action rather than in gaudy clothes and ornaments.

The beauty of the house is in keeping it clean and tidy. Remember tnat cleanliness is next to godliness and therefore no disease or illness comes into the house. Everyday get up early in the morning, clean your body with a bath and mind with a prayer and wash your clothes. Be regular in your habits and become a chaste wife looking up to your husband only. Do not form a habit of unnecessarily going to others' houses.

A sweet tongue acts like magic ; so always use sweet words to win over the people to your side. Never say bitter words to anyone. It is good for you to be in the company of educated and well-behaved young or old women.

Abstinence bestows health and long life. Therefore observe temperance and self-restraint so that your children will be healthy and brilliant.

Do not be proud of your father even if he is rich or a high officer. Never praise your father's possession or wealth in front of your husband."

x x x x

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सुखी जीवन के लिए दो चार बातें

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(1) चाहते यह हैं कि हमको फूल ही सबसे मिलें।
अपने हाथों में लिए फिरते हैं लेकिन ख़ार हम ॥

यदि हम चाहते हैं कि हमें दूसरे बहन भाई सुख दें और हमें फूलों की भान्ति सुगन्ध और कोमलता प्रदान करें तो हमारा भी कर्त्तव्य है कि अपने हाथों में कांटे लिए न फिरें। यदि आप किसी से कठोर वचन बोलेंगे, तो दूसरा भी आपको कोमलता ओर मिठास से कैसे पेश आएगा ? इसलिए :—

मीठी बोली बोलिये मन का आपा खोये ।
औरों को शीतल करे और स्वयं भी शीतल होये ॥

(2) यदि तुम चिन्ता की बीमारी से छुटकारा पाना चाहते हो तो अपने आप को किसी न किसी कार्य में लगाये रक्खो।

(3) मुझको परवाह नहीं ज़माने की, मुझको दुनिया का कोई फिक्र नहीं।
डर तो यह है कि मेरे हाथों से तेरा दामन न छूट जाये कहीं ॥

यदि तूने अपने आपको शुभ कार्यों में लगाया है और पवित्रता और सच्चाई पर क़ायम है और भगवान का नाम स्मरण करता है और फिर भी संसार तुम्हें भला-बुरा कहता है तो परवाह न कर। परन्तु भगवान के हाथों से अपनी अंगुली न छूट जावे, इस बात का ध्यान रखना और उस के साथ मिलने से आनन्दित रहना।

(4) तुझ से क्या मांगू कि तू ही मिल जावे।
सौ सवालों से इक सवाल अच्छा है ॥

मेरी बहनो और भाइयो ! इस प्रार्थना पर बल दीजिए कि भगवान स्वयं ही मुझे दर्शन देवें, स्वयं ही मिल जावें तो मेरा जीवन हमेशा के लिए आनन्दमय रहेगा।

(5) हम गले से लगाते हैं दुशमन को भी।
दिल हमारा मुहब्बत से भरपूर है ॥

यदि आपके दिल का प्याला प्रेम और मुहब्बत से भरपूर हो गया है तो उस में द्वेष की एक बून्द भी नहीं समा सकती और इस लिए आप अपने शत्रु को भी गले से लगाएंगे और सब को प्रेम की दृष्टि से देखेंगे।

—एफ०सी० सोंधी

x x x x

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महात्मा लोगों के कुछ एक विचार

- हर रात के पिछले पहर में इक दौलत लुटती रहती है।
  जो जागत हैं सो पावत हैं, जो सोवत हैं सो खोवत हैं॥

महात्मा आनन्द स्वामी अपने उपदेशों में यह दोहा सुनाया करते थे। इस में कोई सन्देह नहीं कि यदि मनुष्य ब्रह्ममुहूर्त में उठे तो उस को हर प्रकार का धन प्राप्त हो सकता है।

1. प्रातःकाल उठने से स्वास्थ्य अच्छा रहता है। उस समय व्यायाम करें या बाहर की ताजा वायु ली जाए तो बहुत ही अच्छा है।

2. मन की शान्ति, स्वाध्याय तथा प्रार्थना के लिए वह समय बहुत ही अच्छा है। उस समय यदि अपने मन को भगवान के साथ जोड़ा जाए तो दूसरे पवित्र और अच्छे विचार महात्माओं और ऋषि-मुनियों के जो वायु-मण्डल में होते हैं वह आपको प्राप्त होंगे और मन को आनन्द और शान्ति देंगे।

3. घर के कई कारोबार और व्यापार में काफी सहायता मिलती है। कारखाने वाले लोग प्रातः अपने काम पर जाकर धन आदि में वृद्धि कर सकते हैं।

4. आत्मिक और आर्थिक वृद्धि होगी।

- अपना आचरण पवित्र रखिए। पुरुष तथा स्त्री दोनों का कर्त्तव्य है कि एक दूसरे के प्रति प्रेम पूर्वक व्यवहार करें और विश्वासभक्त रहें।

- मीठा बोलिए। घर में और बाहर सब जगह अपना वचन सोच समझ कर मुख से निकालिए।

यदि कड़वा वचन बोलेंगे, तो यह तीर की भांति घाव करेगा। शारीरिक घाव तो शीघ्र ही भर जाता है। परन्तु कड़वे वचन से आत्मिक दुख होगा जो कि ठीक होना मुश्किल है।

मीठा बोल, नीवां चल, इन हाथों से कुछ दे ले।
राम तेरी गोद में, तू ढूंढन जाये बन में॥

- घर का या दफ़तर और कारखाने का कार्य करते समय उस में अपना प्रेम, मन और लगन डाल दीजिए। आप ने अनुभव किया होगा कि जिस घर में खाना प्रेम और लगन से तैयार किया होगा तो वह बहुत ही स्वादिष्ट होगा। इसी प्रकार यदि आप प्रेम और लगन से दफतर का कार्य करेंगे, या कारखाने में कोई वस्तु तैयार करेंगे तो वह बहुत बढ़िया, स्वच्छ तथा टिकाऊ होगी।

●★●

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Another Freedom Fighter Removed From the Scene

(By Mukesh Chopra)

At 6 p.m. on 9th September, 1981 on G. T. Road between Ludhiana and Ladhowal, a car with LALA JAGAT NARAYAN, a veteran Freedom Fighter as well as Editor of a group of "HIND SAMACHAR" papers was speeding towards Jullundur when suddenly bullets started shattering the car window panes. The driver tried to escape the rain of bullets by turning about but the murderers succeeded in pumping three bullets into the body of LALA JI who succumbed to these injuries on the spot. In the death of LALAJI a freedom fighter—an associate of Mahatma Gandhi, Pandit Jawaharlal Nehru and Lala Lajpat Rai—and spokesman of the down trodden was removed through the cruel hands of fate.

A Brief Life Sketch

Lala Jagat Narayan was born at Wazirabad in Gujranwala Distt. (now in Pakistan) in 1898. He graduated from D A.V. College, Lahore, in 1919, and joined Law College but left his studies on the call of Mahatma Gandhi. He was arrested in 1921 and sentenced to two and a half years' imprisonment. In the Jail, he remained with Lala Lajpat Rai and acted as his secretary. In 1924, he joined a Hindi Daily, Akashwani, as its Editor. He participated in all Satyagrahas launched by the Congress. He was imprisoned for a total of nine years before Independence. In 1951, he was elected General Secretary of the P.C.C. He was also elected a member of the Punjab Vidhan Sabha. He joined Bhim Sen Sachar Ministry as Minister of Education, Transport and Health. He was elected to the Rajya Sabha in 1964.

Lalaji started 'Hind Samachar' at Jullundur from scratch after Partition and now the paper has prospered to amazing heights.

Our heart-felt sympathies go out to the bereaved.

Let us all join in praying for 'PEACE' to the Departed Soul.

OOO

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Ideas Exchange

No. 231 FORTNIGHTLY 10th May, 1982

Dedicated to the Service of Humanity

सर्वे भवन्तु सुखिनः, सर्वे सन्तु निरामयाः ।
सर्वे भद्राणि पश्यन्तु, मा कश्चिद् दुःख भाग् भवेत् ।।

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Purity, Patience and Perseverance are three essentials to Success in life and above all Love and Service.

—Swami Vivekananda

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BE STRONG

First of all our young men must be strong. Religion will come afterwards. Be strong, my young friends ; that is my advice to you. You will be nearer to Heaven through football than through the study of the Gita. These are bold words ; but I have to say them, for I love you. You will understand the Gita better with your biceps, your muscles a little stronger. You will understand the mighty genius and the mighty strength of Krishna better, with a little of strong blood in you. You will understand the Upanishads better and the glory of the Atman, when your body stands firm upon your feet, and you feel yourselves as men.

Stand up and be strong ! No fear. No superstition. Face the truth as it is ! If death comes—that is the worst of our miseries—let it come !

—Swami Vivekananda

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At The Lotus Feet of Great Men We Learn :—

1. Upon getting up in the morning, we radiate thoughts of good-will, love and harmony in all directions, particularly to our neighbours and then to all beings throughout the world.

2. We observe silence for 5 or 10 minutes. Meditate and relax with prayers and oblations in a specified corner or a place in the house.

3. Greet all family members with Namaste, Jai Ram, Sat Sri Akaal or Good Morning.

4. Exercise and fresh air—If nothing else, the morning walk will help.

5. Meet people on our way to office and business with a cheerful countenance and greet them heartily.

6. At our place of work, we do our duty well. Remember and keep reciting mentally the Name of God. Our work will become worship.

7. Keep blessing the people and environments with our good wishes. Be co-operative and helpful.

8. Spread cheerfulness and optimism.

9. Remain calm and relaxed.

10. Accept the changed conditions and adjust ourselves to the environments.

11. Do not grouse or grumble.

12. Do not take offence to any unkind remarks.

13. Do not criticise unduly and enter into gossip or "tell-tales".

14. Try and finish our work, even if we have to stay a little longer. Do not be a "Clock-watcher".

15. When we return home, let our family members receive us with joy and pleasure.

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16. Love all round in the family, so that we are not considered a "terror".

17. We always give a praise to a family member for any outstanding achievement.

18. Try and be helpful. Share the burden.

19. At night, before going to bed, count the good deeds we have done during the day. Even speaking courteously and sympathetically is a good act.

20. Before sleep, inspire our conscience to do better the next day.

—F. C. Sondhi

The Source of Supply

Never for a moment think that it is you who are giving. The giver is Krishna Himself. His resources are unlimited, infinite, inexhaustible.

The Gita unfolds a true law of life. It is to give. Learn to give. How often we get calls, for financial help, from poor men. But we find we have in hand so little to spare. Then we find, also, that it is our duty to give away all that we can. At such times, we need to remember that the call is made not upon us but upon the Great Giver, God. Is He not the Inexhaustible Source of Life ?

The Gita tells us :—Fulfil your destiny by becoming His instruments, His channels. If you become His Channel, you are ever full, ever flowing. This is the great illusion, the Gita tells us, which we must discard :—Never for a moment think that it is you who are giving. The Giver is Krishna Himself. Our resources, however vast, are limited and must be spent through, but Krishna's resources are unlimited, infinite, inexhaustible. For this, it is necessary to contact God, again and again. So karma yoga is essentially linked with meditation. Repeat Krishna's name, again and again.

To become a channel of Krishna's shakti, surrender what you have at His Lotus-feet. So may you become His instruments of help

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and healing in this world of suffering and pain. When you surrender to Him, you have the greatest security and you will wander no more. Your burdens, then, are His burdens. And to such Krishna brings full security. Jesus affirmed the same truth when he said :—"Seek ye first the Kingdom of God and all things shall be added unto you !"

—T.L. Vaswani

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The Inner Meaning of Ramayana

(By Satya Sai Baba)

Rama is the Indweller in every body. He is the Atma-Rama (Source of Bliss) in every individual. His blessings upsurging from that inner spring can confer Peace and Bliss.

He is the very embodiment of Dharma—of all the codes of morality that hold mankind together in Love and Unity.

The Ramayana teaches us two lessons : the value of detachment, and the need to become aware of the Divine in every being.

Faith in God and detachment from objective pursuits are the keys for human liberation. Give up sense objects ; you gain Rama.

Sita gave up the luxuries of Ayodhya and so she could be with Rama in the period of 'exile'. When she cast longing eyes on the golden deer and craved for it, she lost the Presence of Rama.

Renunciation leads to joy ; attachment brings about grief. Be in the world, but, not of it.

The brothers, comrades, companions and collaborators of Rama are all examples of persons saturated with Dharma.

Dasaratha is the representative of the merely physical, with the ten senses. The three Gunas—Satva, Rajas and Tamas—are the three Queens. The four goals of life—the Purusharthas—are the four sons. Lakshmana is the Intellect ; Sugriva is Viveka or Discrimination. Vali is Despair. Hanuman is the embodiment of Courage. The Bridge is built over the Ocean of Delusion.

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The three Rakshasa chiefs are personifications of the Rajasic (Ravna), Tamasic (Kumbhakarna) and the Satvic qualities (Vibhishana).

Sita is Brahmajnana or the Awareness of the Universal Absolute, which the Individual must acquire and regain after undergoing travails in the crucible of Life.

Make your heart pure and strong, contemplating the grandeur of the Ramayana. Be established in the faith that Rama is the Reality of your existence.

PRAYERS

(Sri Ramakrishna)

Pray to God, 'Protect me with Thy compassionate face. Lead me from unreal to Real, from darkness to Light, from death to Immortality.'

* * *

'Mother ! here is Thy virtue, here is Thy vice. Take them both and grant me only pure love for Thee. Here is Thy purity, here is Thy impurity. Take them both, Mother, and grant me only pure love for Thee. Here is Thy dharma, here is Thy adharma. Take them both, Mother, and grant me only pure love for Thee.'

* * *

'Only bless me that I may serve God with my body, mind and tongue ; that I may behold His devotees with these eyes, that I may meditate on Him with this mind, and that I may chant His name and glories with this tongue.'

* * *

'Mother ! Destroy in me all ideas that I am great, that I am a Brahmana and they are low and pariahs, for who are they but Thee in so many forms ?'

* * *

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'O Mother Divine ! I want no honour from men, I want no pleasure of the flesh, only let my soul flow into Thee as the permanent confluence of the Ganga and the Yamuna. Mother ! I am without Bhakti (devotion), without Yoga, I am poor and friendless, I want praises of none, only let my mind always dwell in the lotus of Thy feet.'

* * *

'O Mother ! Thou art the Operator and I am the machine. Thou art the Indweller and I am the house. Thou art the driver and I am the carriage. I move as Thou movest me. I do as Thou makest me do. I speak as Thou makest me speak. Not I, not I, but Thou, but Thou.'

A BURNING FAGGOT

Burn ! burn a bit more, O faggot !
My kettle is not boil'd as yet.
I'm hungry, I'm cold, lonely too ;
My hopes, my eyes, on you I've set.

You are my best friend, I've found,
You give me heat, light and company.
There is something divine in you,
At least I like your harmony.

Do you know, I'm burning too ?
I am burning in my passions.
We do have something in common,
Slightly different in our fashions.

We're co-travellers towards one goal,
We both will burn out very soon.
None would know we were here on earth,
In each other's company 'lone.

I do not know whether you chose
To burn or I forc'd you to burn.
You're burning for me, for my good,
I can't repay you in return.

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I think, how my kettle is boil'd,
Excuse me for having my tea.
Don't leave me, I've to talk to you,
I enjoy your friendship, you see.

Do me a favour, ere you go,
Burn all my sins, burn this alloy.
Make gold of me, worth presenting
To Almighty, the Et'rnal Joy.

Teach me how to burn for others
And how to impart heat and light ;
How in turmoils burn silently,
How in grief stay cheerful and bright.

Lend me your patience and calmness,
Fill my heart with love for mankind.
Inspire me to burn in service
Of the needy, of sick and blind.

—J.L. Datta, [Amritsar]

REMEMBER

1. The use of life to spend it for something, which outshines.
2. The value of time and talents.
3. The pleasure of working with dignity and simplicity.
4. The power of kindness and self-example.
5. The virtue of patience and perseverance.
6. Above all, the importance of CHARACTER.

—Krishnadayal Valecha, Ghaziabad

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PATIALA OPTICAL HOUSE

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G. T. Road, JULLUNDUR CITY-144 001.

(By S. Surinder Paul Singh, D.C.O., F.A.C.L.P. (London), Contact Lens Specialist)

Lives of greatmen all remind us,
We can make our lives sublime"

To introduce myself, I am working under name and style "Patiala Optical House" as Ophthalmic Optician. This business was started by my revered father in 1947. My father was alone, he did overwork and that told upon his health. As he was not enjoying sound health I had been helping him off and on, even in my school days. I am 38 now and practically I joined my father, in this business, in 1964.

S. Surinder Paul Singh

I was never interested in this profession. I wanted to become an eye surgeon which my parents had imbibed into me since childhood. But father's ill-health came on the way and I had to join family business. My father was working on old lines while I believed in modernisation. This difference of opinion, many times, resulted in tense situation. I was not happy as I wanted to achieve perfection and this desire took me to England, in 1968, where I specialised in eyes-testing and contact-lens fitting. Before going there I had secured my B.A. degree and had undergone successfully an Optometric course in India. I came back in 1970. Before I returned to India my father had arranged to get a place for me at G.T. Road, Jullundur, where I started my independent practice. In the beginning, the only difficulty, I faced, was lack of funds. Of course I had brought all my professional equipment from abroad ; but I could employ only one assistant and myself to start with. By God's grace the present strength is 15.

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I always firmly believed that one can earn name and money if one is more qualified, more competent, hard working, has devotion for work and, of course, has good stars. Out of these, only hard work and devotion towards work is normally within one's reach. Reason of our success entirely goes to "Blessings" of my parents, patronage of our valued customers and, most important, harmonious understanding between we two brothers.

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Optical line is not a trade or sales business. It is a specialised and skilled job, a semi-medical line. Youngmen with zeal and aptitude for work can certainly have good scope in this field with comparatively less investment.

I started my business at G.T. Road, Jullundur, in Jan., 70. Very soon I realised that space according to my plans, ambitions and needs was too short. So I got after it and by and by went on expanding. Now the space that I have, is almost 8 times larger than the initial one. Presently therefore I am concentrating over a manufacturing project in our field.

Originally I was a Lion Member. Now, however, I am an active Rotary member. Apart from business I take a keen interest in social work as well.

EDUCATION

Inculcation of Good Manners in Children

A new world would be built only when certain principles of kindness and compassion were inculcated in children right from school days.

—Indira Gandhi

* * *

We could not agree more. Without regard to any particular faith or denomination, this principle is universally acclaimed. In the kindergarten or any other school, let the children be taught principles of truth, purity, politeness, helpfulness, compassion and other virtues. They can also repeat collectively such precepts if they can

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be put together in simple words. Our Mr. F.C. Sondhi remembers that he used to see in 1936 in England, children of young age who will take off their caps, greet you and offer to carry your heavy shopping bag for you. They will stand up in buses and trains, offer you their own seats most respectfully. He learnt later that these children were taught these moral principles right from the start in schools at their tender age. There were special Sunday Schools also for this purpose where Good manners of discipline and character were inculcated. O●O

A Service to the Society

A few months back, two restaurant owners were interviewed in a programme presented by Delhi Doordarshan. They told about some unique but useful practices followed by them :—

- College students are employed in the restaurant. The duties are allocated to the students and timings are adjusted according to their convenience so that it may not interfere with their studies.
- Students from poor, middle class and well-to-do families are employed.
- The following words have been printed on Menu cards—
"The persons working here are waiters by profession. Do not humiliate them by paying tips. Call them 'Bandhu' or 'Brother' and you will get most pleasing homely service."

It was told by owners that working in the restaurant has helped the students to get rid of their shyness towards work, has developed a matured thinking and they have got better jobs after completing studies. Some students have opened restaurants which are run successfully backed by experience gained by them while working at the restaurant.

What if more and more employers adopt the same attitude and practice !

—Kanwal Kishore Gambhir,
New Delhi-110058.

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Aids to Stop Smoking

(Courtesy : The Health Education Council, London)

We feel sure most of the hints given below are applicable to smokers throughout the world.

—Editor

* * *

To stop smoking, here are some helpful hints for difficult situations :—

- MOUTH :—Do you feel the need for something in your mouth ? Try chewing gum or sucking a sweet (preferably low-calorie). Fresh fruit or a carrot or even a pencil will give you something soothing to nibble.

- HANDS :—Do you feel awkward without a cigarette in your hands ? Play with something else : that pencil again, or a coin, key ring, worry beads, doodle pad, anything.

- TENSION :—Missing that calming cigarette ?

  There are several things to try.

  First, when the craving comes, do deep breathing for a minute or two.

  Breathe all the way in. Hold it for a few seconds, then breathe all the way out. Really stretch your lungs. This is better if you can do it by an open window or in the fresh air.

- HABITS :—Does your daily routine seem odd without a cigarette ? Then change it. Do everything you can to alter your activities so that you aren't constantly reminded of the need to smoke. For instance, if you used to smoke when you stopped for a cup of tea, try drinking something else instead : fresh orange juice, or hot soup, or simply less tea. It may help to take your tea-break at a different time or in a different place. Maybe go for a stroll.

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Avoid situations where people are smoking. If possible, arrange things so that you work in the company of other non-smokers. And try to spend more of your spare time with non-smokers. Always travel in no-smoking compartments or carriages. Remove all traces of smoking from you car. Make sure cigarette lighters and ashtrays are kept out of your sight whenever possible.

If you always smoked in the pub or club, you may have to steer clear of these danger spots over the next week or two. Don't worry, it won't be forever !

- RELAXATION :—If relaxing was usually the time for a smoke, try keeping yourself occupied with a variety of chores or practical activities. Tackle some of those jobs that have been waiting to be done for ages, or take more exercise. Anything to keep your hands busy and your mind off smoking.
- VITAMIN 'C' :—Vitamin 'C' may help to rid the body of nicotine. So from now on drink plenty of fresh orange juice or eat lots of fresh fruit.
- Try to develop new hobbies or interests that you won't associate with smoking. Spend less time at the pub or in front of the telly, more time gardening, cooking, do-it-yourselfing. Join a local club or class : badminton, squash, yoga, dancing. Become an action-person.
- Start each day with the right frame of mind. Fill your mind with positive thoughts, that you are determined to succeed.

o ✶ o

Do you Realise Your Innate Goodness?

We are not going to flatter you, but first of all as Swami Vivekananda says, 'every man is basically and inherently good; only sometimes the golden bar of his goodness gets coated with dust and dirt temporarily. When this dross is removed, the bar recovers its original brightness. So basically, all of us possess the "goodness" at heart.

Secondly, we can prove it here and now. For authentication, you don't have to go too far. Just ponder and the mere fact that you are a reader of the thoughts and ideas in the "Ideas Exchange",

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which are taken from the sayings and writings of accomplished Scholars and Saints and other literature of ethical values proves that you possess inclination for goodness and good thoughts. You are on the right road to Bliss and Ananda.

What we would like you to do now is to project these ennobling thoughts far and wide and this can only be done if you can enlist one more member at least or send us a gift subscription for a friend or relative.

We need not repeat that this is your magazine and no profit motive is involved. If we seek your help, we like to share these ideas with a larger number of friends and thus widen the circle of readership. This help on your part will be just as good if not better than giving a large financial aid for a good cause.

Sharing thoughts on moral, spiritual, social and commercial topics is a positive contribution on your part.

Do own this magazine and also take it as a forum to express your views. Let it also be a training ground for some of our readers. Just send us an article on any subject and we will publish your views. This will give a good practice in "Writing".

May we also take the liberty of mentioning that the advertisements we are receiving are helping us towards the cost and administration, as we are anxious to make the magazine "Self-Supporting".

Moreover we do appreciate the many articles from various authors and contributors, as these are all gratis. We are grateful also to our worthy supporters who are enlisting for us so many subscribers.

Please pledge to give us one more subscriber at least. ●

COMMERCIAL

For Your Success Do Not Trust to Luck !

(Lord Beaverbrook)

"Excerpts taken from one of his books"

There is one attitude against which I warn the young man who would do well in life—that summed up in the phrase : "Trust to Luck".

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No attitude is more hostile to success, and no phrase more foolish. The phrase is foolish because in a universe governed by the law of cause and effect, strictly speaking there can be no such thing as luck. There is much in the saying : "Mrs. Harris's pork pies are not always good by chance". In other words, Mrs. Harris was a good cook. So with the consistently "lucky" man. It is a fair assumption that he is a consistently industrious and able man.

What we really mean when we say "Trust to luck" is "Trust to circumstances outside our own control". And as long as there is any chance whatever of controlling those factors, not to bring them under control is, of course, folly.

As the years pass I become increasingly reluctant to believe in any kind of luck. I once wrote that : "It is luckier to be born heir to a peerage and £100,000 than to be born in Whitechapel". Even that no longer is true. Being born to poverty may be a spur, whereas being born to riches may lead to ruin.

If a disaster should destroy a man's fortune, something he has laboured many years of his life to build, we naturally think that he has had bad luck. But it may be that the disaster was caused by factors which he neglected to control. Or it may be that the disaster was a blessing in disguise, forcing him to exercise intellectual muscles endangered by atrophy, or to strengthen his character at some hitherto unsuspected weak point.

So I will not dogmatise about the existence of luck, except to say this—do not trust in it.

The idea that some are born lucky and some unlucky, in the same way that some are born to be tall and some born to be short, is just nonsense. Most "good luck" may be explained by industry and judgment, most "bad luck" by a lack of these qualities.

Far different is the attitude of the man who really means to succeed. He will banish the idea of luck from his mind. He will accept every opportunity, however small it may appear, which seems to lead to the possibility of greater things. He will not wait on that airy-fairy concept called Luck to launch him royally on his career. He will make his own opportunity and develop its chances by his industry. Here and there he may go wrong, where judgment or

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experience is lacking. But out of his very defeats he will learn to do better in the future, and in the maturity of his knowledge he will attain success. At least, he will not be found sitting down and whining that luck has been against him.

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There remains to be considered a more subtle argument in favour of a belief in luck. It is that certain men possess a kind of sixth sense, so that they know by instinct what enterprise will succeed or fail, or whether the market will rise or fall. These men are supposed to make their way to success by what might be called a series of "psychic bids".

Do not believe any of this mystical rubbish.

The real explanation is very different. Eminent men who are closely in touch with the great affairs of politics or business often act on what appears to be instinct. But, in truth, they have absorbed, through a careful and continuous study of events, so much knowledge that they appear to reach a conclusion "without stopping to think", just as the heart beats without any conscious stimulus from the brain. Ask them for the reasons of their decision. and they can say no more than "Just a hunch". Their conscious minds do not take into account the long-hoarded experience beneath the level of their conscious thinking. When they prove right in their forecast, the world exclaims ; "What luck !" The world would do better to exclaim : "What judgment ! What a wealth of experience !"

The "lucky" speculator is a very different kind of person. He makes a brilliant coup or so and then disappears in some overwhelming disaster. He is as quick in losing his fortune as he is in making it. Nothing except Judgment and Industry, backed by Health, will ensure real and permanent success. The rest is sheer superstition.

It is natural for youth to hope, but if hope turns to a belief in luck, it becomes poisonous and debilitating. The youth of today has before it a splendid opportunity, but let it remember always that nothing but work and brain counts, and that a man can even work himself into brains. No fairy-godmother will waft a young man to success.

He can attain to that goal only by his own sense of direction and relentless toil.

There is no substitute for toil. He who is work-sky will never achieve a permanent success.

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NEWS FROM LONDON

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Hunger in the third world

Just recently, a programme was shown on the Television in London, under the following caption. It would appear that 350 people die of starvation every 50 minutes i.e. 7 people in one minute. Could each individual play his part in alleviating this painful suffering ?

Man Alive—Hunger : In the Western world we feed most of the vegetable protein we grow to animals, then eat the animals, an extremely wasteful process. Meanwhile the 450 million people in the third world who would be happy to live on the vegetables we waste are dying or being crippled by starvation—350 will die while the programme is on. The capacity to feed the world's population is there, the food just doesn't get distributed. Has the West the will to change this ?

Patients Given New Life with Kidney 'Bag'

A new form of treatment for kidney patients which overcomes the need to be connected to kidney machines for several hours two or three times a week was announced by doctors the other day.

The new treatment, called continuous ambulatory peritoneal dialysis, enables patients to eat most foods and go on holiday without restriction. It has been introduced to more than 300 kidney patients at the Royal Victoria Infirmary, Newcastle upon Tyne, who found they were able to lead near-normal lives as a result.

The method, developed by Travenol Laboratories of Thetford, Norfolk, uses a plastic bag of dialysis solution which passes through a thin tube surgically implanted into the patient's body. It relies on the body's own equipment—the peritoneal membrane—to take over the kidney's role.

Back Pain Costs £1,000 m A Year

More than 13 million working days a year are lost in Britain through absenteeism due to back pain, Mr. S.W. Grundy, chairman of the Back Pain Association said the other day. He told the association's annual meeting in London that back pain was costing nearly £1,000 million a year.

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"It is no good looking to the National Health Service for help. The waiting rooms are full." The association was helping to reduce N HS queues by recommending methods of preventing development of back pain.

Sir Keith Joseph, Industry Secretary, described back pain as one of the Cinderella illnesses which did not attract much research effort. He urged the association to raise public consciousness of the prevelance of back pain and to campaign for better standards of treatment.

To Our Patrons Overseas

Are you looking for a good charitable cause and some reliable organisation to manage the same for you ?

Many of our generous hearted and charitably minded friends overseas are already sponsoring in India a deserving and needy student or a family, through our organisation based in Jullundur. We select the right candidate or a family for this purpose. We pay them monthly, by instalments. All that you have to do is to make out your cheque to "*F.C. Sondhi Charitable Trust*" for £50/- and send it either direct to our Jullundur address or through our Mr. F. C. Sondhi in London. We will do the rest for you and keep you fully apprised by sending a report after every three months about the progress of the party concerned. This amount will be allocated for one year. You may, if you wish, keep on renewing it.

Both addresses for communication are given below :—

[1] F.C. Sondhi Charitable Trust, SURANUSSI,
G.T. Road, JULLUNDUR-144 027 [India]

[2] Mr. F. C. Sondhi, 5 Graham Road,
Hendon Central, London, N.W. 4 3 DH.
Telephone : 01-202-6731

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ईश्वर नाम अमूल्य है दामन बिना बिकाय ।
तुलसी अचरज देखिए कोई गाहक नही आय ।

चरित्र-निर्माण

हम आपके सन्मुख दो दोहे पेश करते हैं :—

★ गिरते हैं जब ख्याल तो गिरता है आदमी ।
जिस ने इन्हें संभाल लिया वह संभल गया ॥

यह काफी सरल भाषा में है । इस लिये विस्तार पूर्वक लिखने की आवश्यकता नहीं । फिर भी अपने आप को याद दिलाना हमारा कर्तव्य बनता है । अपने विचार हमेशा शुद्ध और नेक रखने चाहियें, जैसा कि सच बोलना, मीठा बोलना, दूसरों के परोपकार का चिंतन करना, समाज-सेवा और ग़रीब व्यक्ति की सहायता करना । यदि मनुष्य हमेशा ही अपने मन को शुभ विचारों से भर लेगा और बुरे विचारों को निकट नहीं आने देगा तो समझ लिजिये कि इनसान ने अपने आप को संभाल लिया । वह अपने जीवन को आनन्दमय बना लेगा ।

★ जो बात दवा से बन न सके वह बात दुआ से होती है ।
जब मुरशिद कामिल मिलते हैं, तब बात खुदा से होती है ॥

कई बार ऐसा होता है कि एक बीमारी दवा लेने से ठीक नहीं हो सकती, परन्तु प्रार्थना तथा भगवान का श्रद्धा पूर्वक स्मरण करना सहायक सिद्ध होता है । दवा भी लेते जावें, परन्तु साथ-साथ में उस महान् प्रभु शक्ति पर पूर्ण विश्वास रखते हुए उनकी कृपालता का आवाहन करें । यदि सच्चे हृदय से ऐसा किया जाए तो कई बार रोग ठीक हो जाता है । दूसरी पंक्ति में कहा गया है कि यदि आप को धर्मावतार पूर्ण पवित्र महात्मा मिल जायें तो उनकी संगति तथा प्रवचनो का आपकी आत्मा पर ऐसा प्रभाव पड़ेगा कि शीशे के समान साफ़ हो जाएगी और उस भगवान के ज्योतिस्वरूप दर्शन हो जायेंगे, और आप विराट्स्वरूप परमपिता से बातचीत कर सकेंगे ।

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प्रसन्नता

1. यह सिद्धान्त कभी मत भूलो कि जो कुछ दोगे, वही मिलेगा। यदि आप प्रसन्नता चाहते हो तो दूसरों को प्रसन्नता दो।

2. प्रसन्नता प्राप्त करने के अनेक साधन हैं। बड़े-बड़े साधन इस प्रकार हैं :—

   (क) इच्छाओं को घटाकर त्याग का जीवन व्यतीत करना।

   (ख) परोपकार और देश-सेवा में मन लगाना।

   (ग) लोक-सेवा।

   (घ) सन्तोषमय जीवन व्यतीत करना।

   (ङ) पाप-रहित पवित्र जीवन।

   (च) मन को संयम में रखना और बूरे कामों से बचना।

   (छ) ईश्वर विश्वास।

3. प्रसन्नता किसी विशेष व्यक्ति की सम्पत्ति नहीं। प्रत्येक मनुष्य इसे प्राप्त कर सकता है। इसकी प्राप्ति स्वयंवर के समान है। जो भी उपरोक्त शर्तें पूरी कर देगा वह इसे प्राप्त कर लेगा।

4. नई-नई वस्तुओं को प्राप्त करने से थोड़े समय के लिए प्रसन्नता होती है। परन्तु अपनी इच्छाओं को घटा कर कम करने से चिरस्थायी प्रसन्नता प्राप्त हो सकती है।

5. प्रसन्नता की नींव शुभ-संकल्प है। बूरी नीयत का मनुष्य कभी प्रसन्नता प्राप्त नहीं कर सकता।

6. एक बड़ा सुगम साधन प्रसन्न रहने का यह भी है कि स्वयं को किसी न किसी काम में व्यस्त रखो और खाली समय कभी व्यर्थ में खराब न करो।

7. भलाई और प्रसन्नता दोनों सगी बहनें हैं। भलाई के बिना प्रसन्नता नहीं मिल सकती।

—सुधा चोपड़ा, जालन्धर शहर।

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कैलाश मानसरोवर का रोमांस—९

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(लेखक :—डॉ० धीरेन्द्र शर्मा)

पिछले अंक में आप ने पढ़ा कि 'तारचेन' के इलाके में पेड़-पौधे नहीं होते और गरमियों में थोड़ी सी-दूब उग आती है। अब आगे पढ़िये :—

21 सितम्बर

21 सितम्बर की सुबह, तड़के हमारा 8 यात्रियों का दल तारचेन के कैंप से कैलाश की परिक्रमा को निकल पड़ा। दूसरे 5 यात्रियों का दल मानसरोवर की परिक्रमा पर चल दिया।

कैलाश की परिक्रमा हमने ढाई दिन में तय की। पहले दिन हम चलते ही रहे, और रात का पड़ाव कोई 10 घंटे बाद 'डीराफुक' (16,500 फुट, 5 200 मीटर) के पठार पर किया जिसके पास कभी लामाओं का प्राचीन गोंपा (मठ) हुआ करता था। हमारे सामने 'डोलमा ला' (तिब्बती में 'ला' का अर्थ है दर्रा) की कठिन 18,500 फुट की चढ़ाई थी, जिसे अगले दिन पार करना था।

22 सितम्बर

कल रात सरदी भयंकर थी और कोई 11 बजे खाना खाने के बाद नदी के पानी में जब मैं भगोना (प्रैशर कुकर) धोने गया, तब नदी का पानी कम गहराइयों पर जम चुका था। ऊपर से बर्फ तोड़कर भगोना धोया, और सुबह की चाय के लिए पानी भरकर लाया। मैं कैलाश-दल का सबसे बड़ी उमर (50) का यात्री था। लेकिन, शायद इसलिए कि मैं थकता कम था, या फिर इसलिए कि हमारा लीडर एक युवा लेक्चरार था, जिसे जवाहरलाल नेहरू विश्वविद्यालय के प्राध्यापक के प्रति विशेष प्रेम था, मुझे भगोना धोने की ड्यूटी दी गयी, जो रात में सबसे खाना खा लेने के बाद ही पूरी की जा सकती थी। मजे की बात यह थी कि हमारी ऊंच-नीच की सभ्यता यहां भी लागू थी। संसद-सदस्य और विदेश मंत्रालय के अधिकारी को कोई ड्यूटी नहीं मिलती थी और हमारे एक दैनिक समाचार-पत्र के संवाददाता भी 'विशिष्ट व्यक्ति' का सम्मान पाते थे। वह चाहे जिस किसी पर हुक्म बजाते और हर किसी की पगड़ी उछाल सकते थे। उम्र में केवल 29 थे, लेकिन रोब उनका हर कोई मानता था और इसलिए हमारे संवाददाता 'यात्री' को कभी कोई ड्यूटी नहीं करनी पड़ी।

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रात भर सर्दी में ठिठुरते हुए किसी तरह सोने की कोशिश की। लेकिन सुबह उठे, तो धूप निकल रही थी। 'परिक्रमा' शुरू की, लेकिन हमारी बोतलों में पानी जम चुका था, जो कई घंटो तक नहीं पिघला।

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यात्रियों का दल किसी तरह ऊंचाई की ओर बढ़ रहा था। जाना तो था केवल **6** किलोमीटर, मेरी भी इस चढ़ाई पर सांस फूल रही थी। मुश्किल से **10** कदम चढ़ पाता कि हांफने लगता और **3-4** मिनट खड़े होकर विश्राम करना पड़ता। आधा मिनट चलना और **5** मिनट ठहरना, कई साथियों को तो **8-10** मिनट रुकना पड़ता। किसी तरह उठते-बैठते हम सभी ने डोल्मा ला की ऊंचाई कोई **6** घंटे में तय की।

डोल्मा की ऊंचाई पर एक विशाल पत्थर है, जहां पर तिब्बतियों का एक मंदिर सा (पत्थरों का ढेर) बना हुआ था। बंदनवारों और रंग बिरंगी झाड़ियों से सजा हुआ। किसी जानवर के सींग व आदमियों के दांत भी पत्थरों के ढेर पर चढ़े हुए थे। एक तिब्बती परिवार, बच्चों समेत निकट संबंधी की मृत आत्मा की शांति के लिए, उसकी रोती हुई युवा विधवा और बच्चों और वृद्धों समेत 'परिक्रमा' कर रहा था। डोल्मा ला के देवल पर घी चढ़ाकर उन्होंने धूप जलाया और उसकी अनेक परिक्रमाएं कीं।

(क्रमशः)

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S/o (Late) Sh. Gurdas Ram

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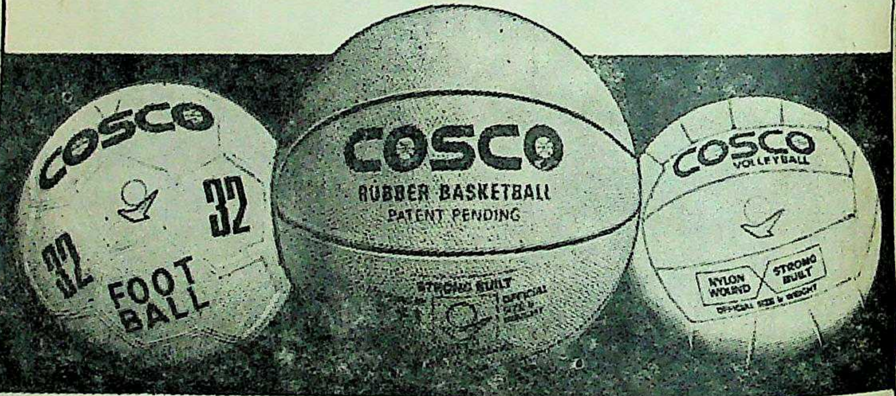

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